ISSUE 18

Cacique

Spirit of the Caribbean

interCaribbean Airways

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ST KITTS
INTRODUCING OUR NEW DESTINATION

BEERIBBEAN
YOUR GUIDE TO LOCAL ISLAND BEERS

WILD THINGS
DISCOVER CUBA'S CURIOUS CREATURES

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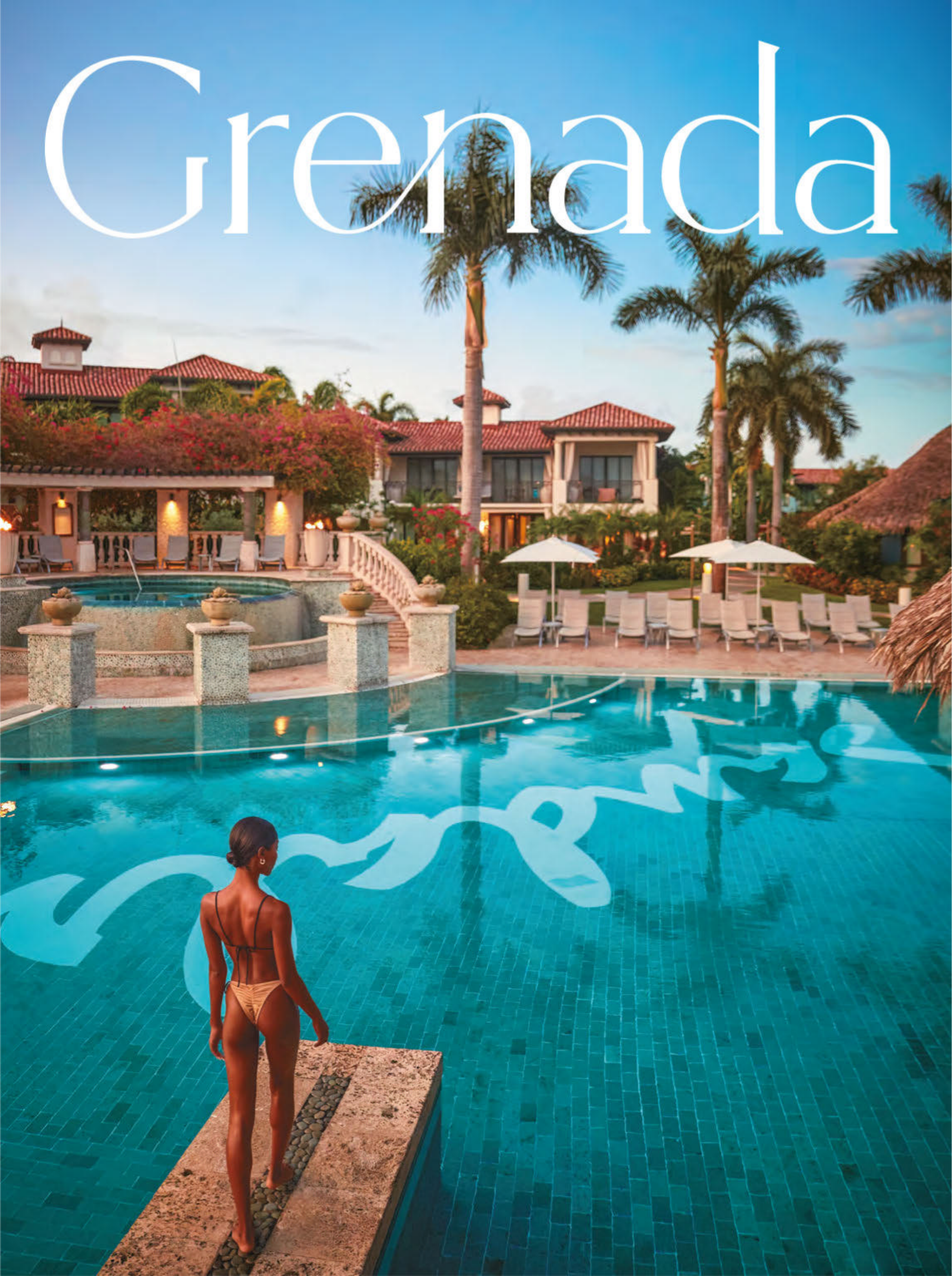

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interCaribbean

Expanding our Reach

Welcome to the latest edition We are excited to announce the addition of two aircraft to our fleet – another 50-seat Embraer 145 jet and a 48-seat ATR 42-500 turboprop. The expansion of our fleet means we can extend the services we offer to Barbados, Guyana and the Windward Islands, with flights to and from Barbados set to double (for more details, turn to page 8).

We have also added a direct nonstop connection between St Lucia and St Vincent, which many of you have been asking for, speeding up the travel time between these two islands. In addition, as you read this, we have launched flights to St Kitts

The introduction of the ATR 42-500 to our fleet signals our intention to address the environmental impact of operating ageing planes. The new turboprop is the first of several set to arrive this year; these aircraft emit 40 per cent less CO2 than our Embraer 120s, which they will replace.

In this issue, we showcase five local fashion designers (pages 20-27), marvel at Cuba's curious creatures (pages 30-39), take a tour of the Caribbean through our beer (pages 40-49), go beyond the beach in Antigua & Barbuda (pages 50-53) and plenty more.

Don't forget to subscribe to our FREE digital issue of *Cacique* – to read anywhere, anytime – so you never miss an issue. Sign up at caciquemagazine.com.

As ever, we continue to work tirelessly to ensure your safety on our flights, while helping to keep people connected and the economy moving. We extend to you a warm welcome on board interCaribbean Airways.

Trevor Sadler
CEO, interCaribbean Airways

Ampliando nuestro alcance

Bienvenidos a la mas reciente edición de *Cacique*. Nos complace anunciar la incorporación de dos aviones a nuestra flota: otro jet Embraer 145 de 50 asientos y un turbohélice ATR 42-500 de 48 asientos. La expansión de nuestra flota significa que podemos ampliar aún más los servicios que ofrecemos en Barbados, Guyana y las Islas de Barlovento, duplicando los vuelos que tenemos hacia y desde Barbados. Para obtener más detalles, consulte la página 8.

También hemos agregado una conexión sin parada entre Santa Lucía y San Vicente, que muchos de ustedes han pedido, acelerando el tiempo de viaje entre estas dos islas. Además, hemos lanzado vuelos a San Cristóbal.

La introducción del ATR 42-500 a nuestra flota señala nuestra intención de abordar el impacto ambiental de operar aviones envejecidos. El nuevo turbohélice ATR es el primero de varios que llegarán este año; estos aviones emiten un 40% menos de CO2 que nuestros Embraer 120, los cuales reemplazarán.

En esta edición, destacamos a cinco diseñadores de moda locales (páginas 20-27); nos maravillamos con las curiosas criaturas de Cuba (páginas 30-39); hacemos un recorrido por el Caribe a través de nuestra cerveza (páginas 40-49); vamos más allá de la playa en Antigua & Barbuda (páginas 50-53) y mucho más.

No olvide suscribirse a nuestra edición digital GRATUITA de *Cacique*, para leer en cualquier lugar, en cualquier momento, para que nunca se pierda una edición. Regístrese en caciquemagazine.com.

Como siempre, seguimos trabajando incansablemente para garantizar su seguridad en nuestros vuelos, mientras ayudamos a mantener a las personas conectadas y la economía en movimiento. Le damos una cálida bienvenida a bordo de interCaribbean Airways.

CACIQUE (kə-sēk')
n. An indigenous chief or political leader in Latin America and the West Indies
Cacique magazine aims to highlight and inspire leadership, community, entrepreneurship and endeavour across the Caribbean.

interCaribbean Airways

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PLEASE NOTE: Information on events and opening times in this issue is particularly susceptible to change. Readers are advised to contact outlets to check availability before planning visits or booking travel.

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interCaribbean

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interCaribbean Airways

NEWS

Sugar Beach, St Lucia

EXPANDED FLIGHT SCHEDULE

interCaribbean adds two aircraft, extends service to Barbados, Guyana and Windwards

interCaribbean chair Lyndon Gardiner

interCaribbean Airways has announced an expanded flight schedule to service Antigua, Barbados, Dominica, Grenada, Guyana, St Lucia and St Vincent & the Grenadines, as well as the addition of two aircraft to its fleet.

The introduction of another 50-seat Embraer 145 jet and a 48-seat ATR 42-500 turboprop increases interCaribbean's fleet to five aircraft operating on the Barbados and Windward Islands routes. As a result, frequencies to and from Barbados will double, with more flights operating nonstop to St Vincent and Grenada.

In response to customer feedback, interCaribbean has also launched direct flights between St Vincent and St Lucia, providing a faster connection between these two islands.

The extended schedule now links the eastern and western Caribbean with a twice-weekly service from Georgetown (Guyana) and Barbados via Antigua to Providenciales (Turks & Caicos), connecting onward to Nassau, Bahamas; Havana, Cuba; and Kingston, Jamaica.

Lyndon Gardiner, founder and chair of interCaribbean, said: "We are committed to expanding our services in the eastern islands of the Caribbean, where travellers have been affected by the air travel void left during the pandemic. We look forward to announcing more exciting news and destinations during this year."

As part of its upgrading plans, 2023 will also see us steadily decommissioning older aircraft, while adding several newer ones.

By now you will have seen, or perhaps flown with us, on the new service between Barbados and St Kitts, connecting the island to even more of the Caribbean. For more information, go to intercaribbean.com

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Turn to page 73 for more details.

NEW ATR 42-500 TAKES FLIGHT

interCaribbean's latest addition to its fleet, a 48-seat ATR 42-500, has taken to the skies, as the airline begins to address the environmental impact that comes from operating ageing planes. Named 'Capt Hugo M', after Captain Hugo Mendez, a long-serving member of the Flight Operations team, the introduction of this aircraft type sees an increase of 60 per cent more seats and 40 per cent less carbon dioxide emissions than the EMB120 aircraft it replaces. The new plane also proudly displays the Caribbean Tourist Organization logo on its fuselage - the first in the region to do so. On board, guests will experience a two plus two seat arrangement, with a club seat configuration at the front of the cabin, giving travellers the option of being able to sit facing each other. The airline continues to build for the future, with several additional ATRs to join the fleet in the coming months.

HELPING DISADVANTAGED YOUTHS

ISPY founder Allington Creque

interCaribbean has provided logistical support to the I Support Positive Youths (ISPY) foundation, based in the British Virgin Islands. ISPY aims to provide youths with the tools necessary to enhance their growth.

interCaribbean waived the costs of transporting equipment to Queenhythe Basic School in St Ann, Jamaica, including school bags, kitchen supplies and benches themed 'Be A Friend, Not A Bully'.

ISPY's founder Allington 'Gumption' Creque said: "ISPY is so excited to be able to offer outreach regionally and the smiling faces show the impact. I have to pay my respects to all of our sponsors, donors and supporters for making all of this possible."

Above and left: these students have benefitted from the support of ISPY

INTERCARIBBEAN JOINS ALTA

interCaribbean Airways has joined the Latin American and Caribbean Air Transport Association (ALTA).

ALTA aims to develop a safer, more efficient and environmentally responsible air transport industry in the region. And, by joining the 49-member airline association, interCaribbean works with leading airlines of the region in promoting safety and connectivity.

Trevor Sadler, the airline's CEO, said: "interCaribbean is pleased to partner with long-haul and regional airlines on an interline basis… These relationships exist with our competitors where we recognise we each have a network and the timing of all connections can often be convenient with onward travel with our competitors but interline partners."

NEW CONNECTIONS:
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HAVANA OFFICE RELOCATES

interCaribbean's office in Havana, Cuba, has moved. You'll now find the team at: Calle 5ta, Avenida entre 74 y 76, Centro de Negocios Miramar; Edificio Barcelona, Planta Baja, La Habana / Business Center Miramar; 5th Avenue, Cross streets 74 and 76, Ground Floor; Barcelona Building, Havana.

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V!VA

THE HOTTEST CARIBBEAN NEWS, REVIEWS & INTERVIEWS

"My preferred style of cooking is contemporary, innovative, fun, and at times could be called elevated street food," says Trini chef Brigette Joseph, as can be seen with her garden vegetable and bacon galette.

TURN TO **PAGE 14** TO SAMPLE MORE OF CHEF BRIGETTE'S FARE

12 **The Big Picture:** Brimstone Hill Fortress, St Kitts 14 **What's new:** Meet Trini chef and food safety specialist Brigette Joseph; The Silent Twins 16 **Wildlife:** Saving the Union Island gecko 18 **Book Club:** Award-winning children's author Yolanda T. Marshall; Plus, 3 to read now

NEW DESTINATION

Over the hill

A Unesco World Heritage Site, **Brimstone Hill Fortress** on the island of St Kitts is one of the best-preserved forts in the Americas. Construction began in 1690 and took just over 100 years to complete. The fortress sits atop the 244m-high Brimstone Hill, affording spectacular views along the coastline. The first island to be colonised by the European powers, St Kitts was the scene of several battles, especially between England and France as they fought for dominance in the region; the English using a cannon on Brimstone Hill to defeat the French in 1690.

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COOK TO PERFECTION

*"I don't think people understand how amazing Trinidad is culinary-wise. Nowhere else has our seasonings and flavour combinations," says Brigette Joseph, founder of Chef Brigette and Co. As a food business consultant, executive chef, private chef and food safety specialist, as well as turning her hand to food and beverage curation and management and bespoke catering, the Trinidadian, it seems, is never out of the kitchen – or someone else's. But who is the personality behind the innovation? **Jeneille Lewis** asks the questions...*

Jerk chicken on toasted harddough with burnt scallion aioli

Devilled eggs with chorizo and cilantro

Q Who is Chef Brigette? I was born and raised in Port of Spain, Trinidad & Tobago, and I am an award-winning culinary professional. Over my 15-years-plus career, I have contributed to Trinidad's culinary landscape through my private catering and restaurant and culinary business consulting, where I have been instrumental in the opening and growth of several successful local and regional food businesses. I am passionate about food security and making the Caribbean a food tourism destination.

> *One day there was a female chef on [the TV show [Great Chefs of the World] – and in that moment I realised I could be a chef too. That was the beginning of it all*

Q Who inspires you? Spanish chef José Andrés – he is both an amazing chef and restaurateur and feeds people in need all around the world.

Q Who has been the biggest influence on your journey? I have always followed my own heart and mind in becoming a food professional, so I was very intentional with the steps I have taken on my unconventional journey – and I still am. I would say the person who I have mostly taken direction and advice from would be my friend Jala.

Q What is your earliest memory of wanting to be a chef? This would be when I was around 10 years old and there was a TV show called *Great Chefs of the World*. I was so captivated by it that I used to try making some [of the dishes] – and my poor little brother would be my guinea pig. However, I would only see male chefs on the show. Then, one day there was a female chef on – and in that moment I realised I could be a chef too. That was the beginning of it all.

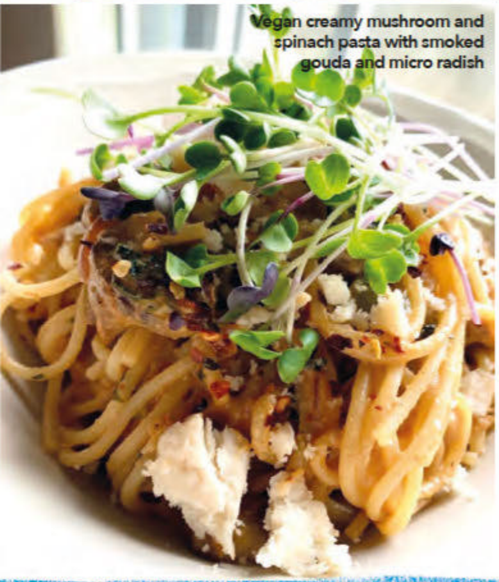
Q Tell us a secret about your island. We are an open book but I feel like our food scene, our street food especially, is a best-kept secret in the Caribbean and definitely not talked about enough.

Q Which is your favourite place in the Caribbean? This is a tough question because I have a love for every single island, but my heart beats hardest for Jamaica.

Q Where would you most like to be right now? Considering that it's Carnival season [at the time of the interview], there is no place I'd rather be

Mini dim sum baskets

Guava glazed lamb meatballs with chopped pistachio


Vegan creamy mushroom and spinach pasta with smoked gouda and micro radish

than at home in Trinidad! Other than that, I would love to be on vacation.

Q **How do you like to lime?** Trinis love to lime! I love liming anytime, anyplace. My favourite kind of limes are the impromptu ones, though – *they sweet too bad*!

Q **What is your favourite meal?** A *doubles*: thin bara, saucy channa with coconut chutney and chadon beni.

Q **Who would you invite to your dream dinner party?** Singers Beyoncé, Adele, Rihanna and Shenseea; chefs/restaurateurs Stephanie Izard, José Andrés and Danny Meyer, and Oprah Winfrey.

Q **What is your favourite word, and why?** *Attraversiamo*. It means 'let's cross over' literally, but it's more the figurative meaning of crossing over/ letting go/changing that I love.

Q **What one book should everyone read, and why?** *The Alchemist* by Paulo Coelho because everyone should work towards being their best selves and realising/recognising their full potential – and it's a good reminder that the universe has your back.

Q **What is your dream job?** I always ask myself: 'If I didn't need money what would I be doing?' And my answer is always that I'd be doing the same thing. But I would probably be a full-time volunteer somewhere or working with José Andrés' World Central Kitchen [which provides meals in the wake of natural disasters].

Q **What would your superpower be?** Teleportation, please. That and some general magic so I don't have to fold laundry myself.

Q **Where did you fly to last?** Beautiful St Vincent.

Q **Where are you flying to next?** Jamaica.

Q **What do you always pack?** An Immortelle Beauty candle, because there are times when I am travelling a lot and I need something to make wherever I'm staying feel like home.

Q **What three things sum up the Caribbean for you?** Sea, sun, food.

EVERETT COLLECTION INC/ALAMY STOCK PHOTO

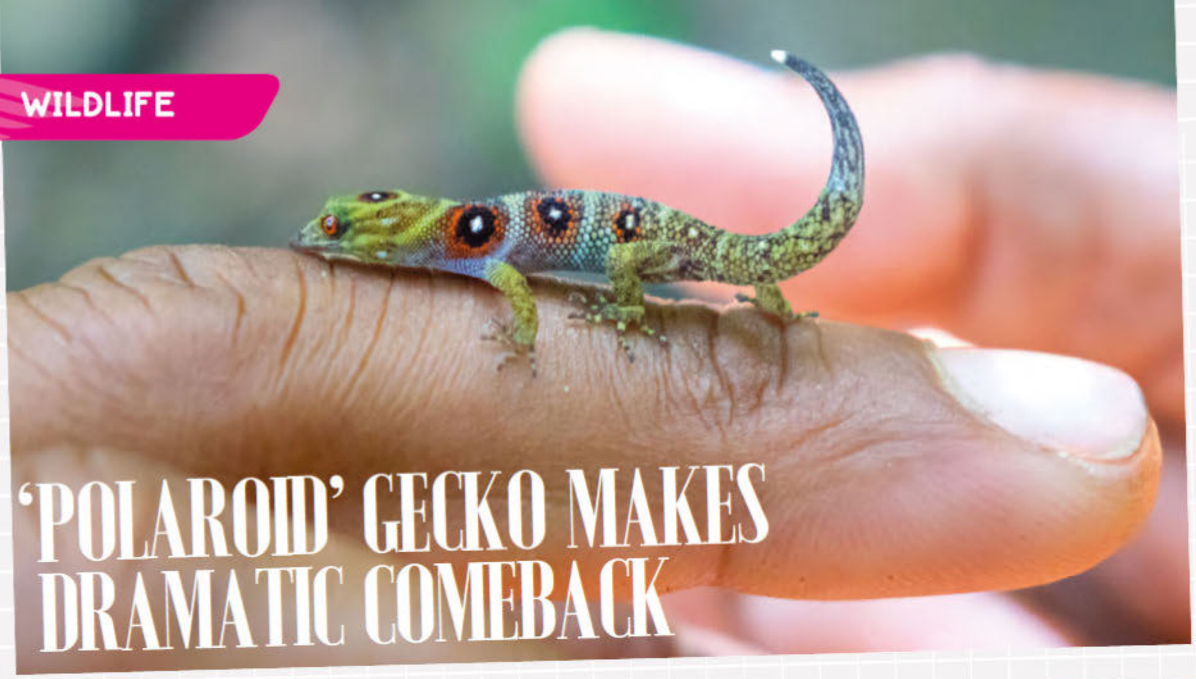
THE SOUND OF SILENCE

***The Silent Twins*, a recently released film on Netflix, tells the astounding story of identical twins June and Jennifer Gibbons. It stars Letitia Wright (as June) and Tamara Lawrance (as Jennifer), who are of Guyanese and Jamaican descent respectively.**

The Gibbons family, originally from Barbados, emigrated to the UK in the early 1960s and, while it has been reported that the family spoke English at home, the two sisters began to speak another language to each other, believed to be a speeded-up version of Bajan Creole.

Feeling isolated from and unwelcomed by their adopted community, they ceased communication with anyone but each other – earning them the moniker of the 'Silent Twins' – creating what was described as a "fantasy world of artistic inspiration and desires".

Following a spree of vandalism inspired by a US teenager that they both idolised, the girls were sent to Broadmoor, an infamous psychiatric hospital, where they were faced with the choice to separate and survive or die together.



'POLAROID' GECKO MAKES DRAMATIC COMEBACK

JACOB BOCK/FFI

Thanks to the work of ***Union Island residents****, the rare reptile's population has almost doubled in the last five years*

Union Island

JACOB BOCK/FFI

A tiny, critically endangered gecko with jewel-like markings is thriving in the Caribbean once more, thanks to the commitment of the Union Island residents, regional government and a coalition of local and international conservation organisations.

According to a recent survey, the Union Island gecko's population has risen by 80 per cent in the last five years, from 10,000 in 2018 to around 18,000 – the kind of success that conservation organisations Fauna & Flora International (FFI) and Re:wild along with their local partners aim to accomplish together across the Caribbean.

The only known population of the rare gecko, which is about the size of a paperclip, is confined to a 50-hectare (0.5sq km) patch of ancient forest on Union Island – the southernmost outlier of the St Vincent & the Grenadines archipelago – making it particularly vulnerable to human activities.

The gecko "slowly changes colour when brought into the light from dark brown to multi-coloured, like a Polaroid picture", says Jenny Daltry, Caribbean Alliance director for Re:wild and FFI. First described by science in 2005, the species immediately became a coveted exotic pet. By 2018, the wild population had shrunk to one-fifth of its former size due to aggressive poaching for the international pet trade. A 2017 study found the gecko was the most heavily trafficked reptile from the Eastern Caribbean.

The gecko's population has increased by 80% to 18,000

Several organisations, including FFI, the Union Island Environmental Alliance (UIEA) and the St Vincent & the Grenadines Forestry Department, stepped in to prevent the gecko from imminent extinction. A species recovery plan has guided a range of conservation efforts, from greater protected area management and expansion, to anti-poaching patrols and 24/7 camera surveillance in the forest.

"It is truly a testimony to the determination of the Forestry Department – and the amazing community wardens on Union Island – that this gecko has become one of the best guarded reptiles in the world," says Daltry.

Roseman Adams, co-founder of the UIEA, adds: "Without a doubt, our shared, unwavering dedication and sacrifice has brought us this far. We now have to be entirely consistent with further improvements in our management and protection of the gecko's habitat for this success to be maintained."

Union Island's tropical dry forest and coral reefs host many endemic species, including the newly described Caribbean diamond tarantula and the Grenadines pink rhino iguana, as well as nesting leatherback and hawksbill turtles.

Below: Union Island rangers on Mt Taboi, where the endangered gecko is found

SOPHIA STEELE/FFI; JENNY DALTRY/FFI/REWILD (GECKO ON HAND)

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60 seconds with...

YOLANDA T. MARSHALL

Meet the Guyana-born award-winning children's book author

Tell us about your author's journey. I started writing poems at the back of my schoolbooks at age eight and always saw myself as a poet. In 2008, I self-published my first adult poetry book. In 2015, I wrote and self-published my first children's book, *Keman's First Carnival*, about the biggest Caribbean celebration in Canada – Caribana. As an immigrant child growing up in Canada, this carnival made me feel that my Caribbean culture mattered. I've written 14 books since that one. In 2019, based on the success of my second book, *A Piece of Black Cake for Santa*, I received a multi-book deal with a Canadian publisher, Chalkboard Publishing.

Are all of your children's books focused on Caribbean and African culture? Yes. The title of my second book speaks for itself, encouraging our children to leave their favourite cultural treat for a black/brown Santa. My third book, *Miles Away in the Caribbean*, takes readers into 15 Caricom nations, highlighting what makes each unique and beautiful. *Sweet Sorrel Stand* explores the West African roots of the sorrel plant and entrepreneurship. And the list goes on. I focus my writing on diverse and inclusive children's literature that celebrates my Caribbean culture. I want to show my Caribbean readers how to celebrate us and to encourage others to celebrate with us.

Fifteen books in seven years is quite an accomplishment. What motivates you to produce at this pace? I wrote *Keman's First Carnival* for my son. His birth forced me to make peace with the fact that I rarely saw my culture in picture books. I didn't want children like him to experience feeling left out of picture books. I do a lot of public readings and it brings me great joy when children respond: "Can you tell Santa to come to my home for black cake?" or "My dad is from Trinidad and I love steel pans!" This inspires me to continue writing so children of the Caribbean diaspora feel seen, and to help others develop empathy for and acceptance of Caribbean culture.

3 TO READ NOW

1 Manifesto: On Never Giving Up

by Bernardine Evaristo (Grove Atlantic)

From the bestselling and Booker Prize-winning author of *Girl, Woman, Other*, this is Bernardine Evaristo's memoir of her own life and her manifesto on unstoppability, creativity and activism.

2 Neruda on the Park

by Cleyvis Natera (Penguin Random House)

When demolition begins on a neighbouring tenement, Eusebia, an elder of the predominantly Dominican Nothar Park community in New York City, takes matters into her own hands by devising an increasingly dangerous series of schemes to stop construction of the luxury condos, which causes clashes with her family.

MANIFESTO
ON NEVER GIVING UP
BERNARDINE EVARISTO
NERUDA ON THE PARK
CLEYVIS NATERA
Pretty Like Jamaica
Opal Palmer Adisa

3 Pretty Like Jamaica

by Opal Palmer Adisa; illustrated by Wayne Powell (CaribbeanReads)

Precious loves all of the joys of her life with her grandmother in Jamaica, but she misses her mother who lives in the US. When her mother finally sends for her, Precious finds herself torn between the home she has always known and her longing to be with her mother.

by **Carol Mitchell**, founder of CaribbeanReads Publishing and author of the Caribbean Adventure Series, among other children's books. Visit: **www.caribbeanreads.com**

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STYLE ICONS

There is no shortage of talent in the Caribbean fashion industry, with celebrities such as Gabrielle Union, Beyoncé and Ashanti opting to adorn themselves in pieces from the region. ***Jeneille Lewis*** *selects five local designers to look out for...*

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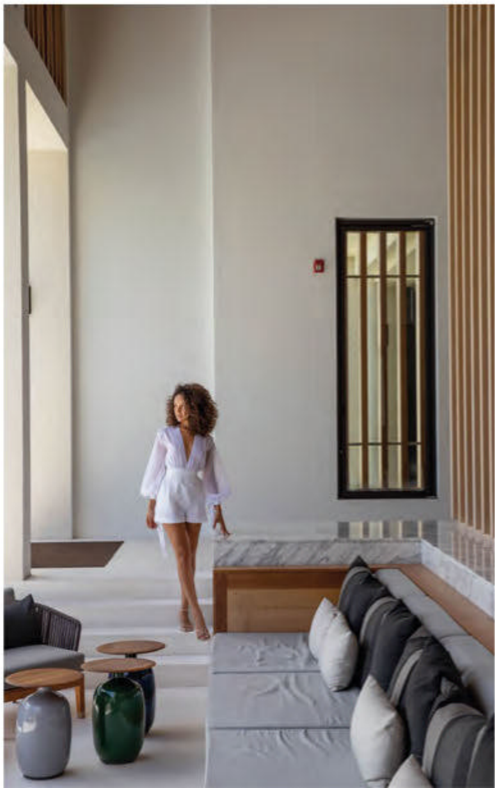
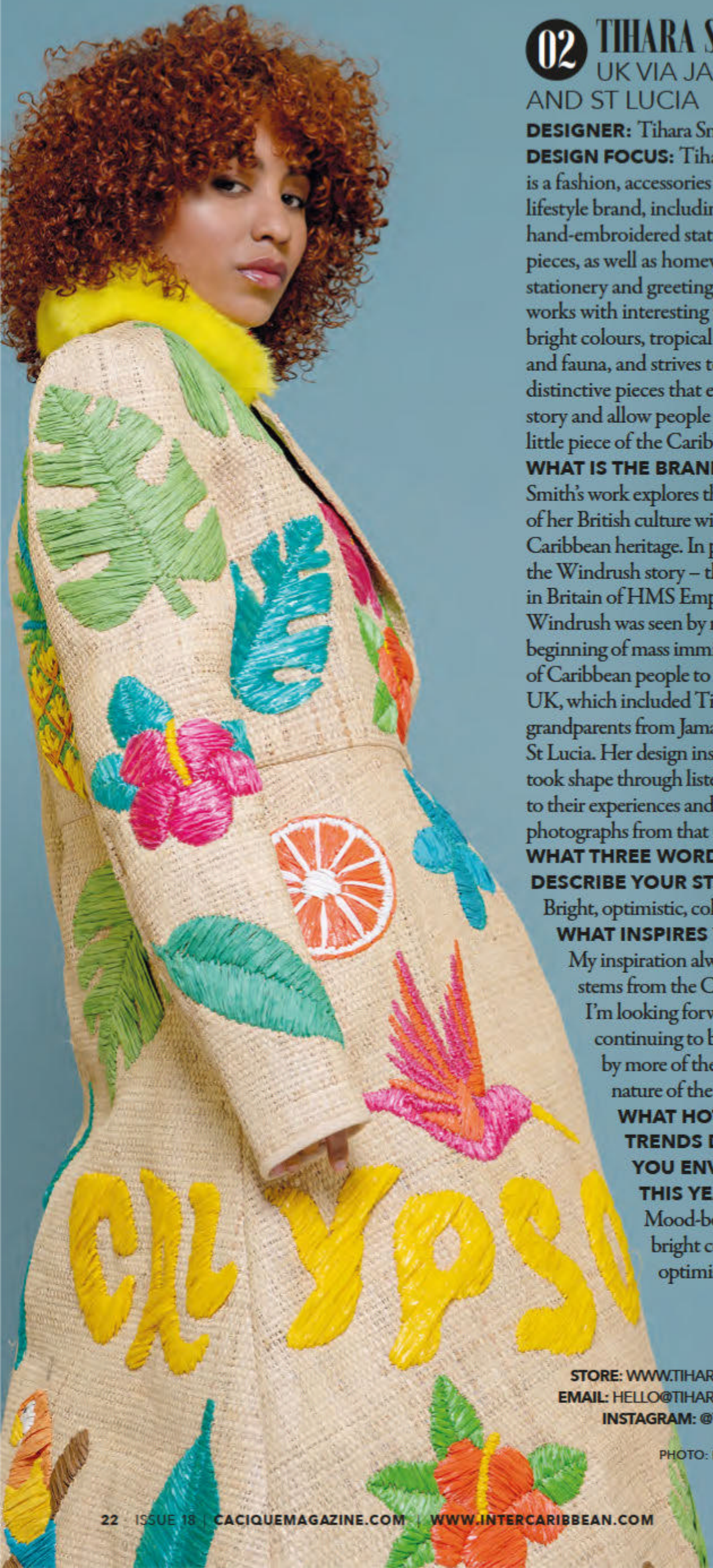
INSTAGRAM: @COTTONCOGRENADA

PHOTOS: BRONWYN KNIGHT x 3; FLOYD ROBINSON; MIA BENJAMIN

01 COTTON & CO
GRENADA

DESIGNER: Renee Stewart
DESIGN FOCUS: Cotton & Co is a women's luxury resort and loungewear brand.
WHAT IS THE BRAND'S USP? The brand taps into the idea of Caribbean luxury and resonates most with diaspora women who want to reconnect with home. "In a world that always has a lot going on, the Cotton & Co woman values ease," says designer Rennee Stewart. "She loves expressing her individuality and unique sense of style through fashion. Not one to be swept away by trends and fads, her favourite closet staples are those that she can wear again and again but never seem to get old or go out of style."
WHAT THREE WORDS BEST DESCRIBE YOUR STYLE? Minimal, timeless, luxurious.
WHAT INSPIRES YOU? I am inspired by the idea of 'luxurious lounging' and what that might look like for the Cotton & Co woman. Whether she is enjoying her own beautiful home or travelling to faraway places, her wardrobe will embody ease, relaxation and effortlessness.
WHAT HOT TRENDS DO YOU ENVISION THIS YEAR? I don't pay much attention to trends. My focus is to continue creating pieces that the women who love and support this brand will want to add to their closets and wear over and over again.





02 TIHARA SMITH
UK VIA JAMAICA AND ST LUCIA

DESIGNER: Tihara Smith

DESIGN FOCUS: Tihara Smith is a fashion, accessories and lifestyle brand, including raffia hand-embroidered statement pieces, as well as homeware, stationery and greeting cards. She works with interesting textiles, bright colours, tropical flora and fauna, and strives to create distinctive pieces that each have a story and allow people to have a little piece of the Caribbean.

WHAT IS THE BRAND'S USP?

Smith's work explores the blend of her British culture with her Caribbean heritage. In particular, the Windrush story – the arrival in Britain of HMS Empire Windrush was seen by many as the beginning of mass immigration of Caribbean people to the UK, which included Tihara's grandparents from Jamaica and St Lucia. Her design inspirations took shape through listening to their experiences and seeing photographs from that time.

WHAT THREE WORDS BEST DESCRIBE YOUR STYLE?

Bright, optimistic, colourful.

WHAT INSPIRES YOU?

My inspiration always stems from the Caribbean. I'm looking forward to continuing to be inspired by more of the beautiful nature of the region.

WHAT HOT TRENDS DO YOU ENVISION THIS YEAR?

Mood-boosting bright colours and optimistic prints.

STORE: WWW.TIHARASMITH.COM
EMAIL: HELLO@TIHARASMITH.COM
INSTAGRAM: @TIHARASMITH

PHOTO: KAYLEIGH PACE

03 KOKOLISHI
CURAÇAO

DESIGNER: Krysten Waller Diemont

DESIGN FOCUS: "Our focus when designing is that feeling when sitting with family at your favourite beach, or when coming home to your island after a long time or eating your favourite island dish," says designer Krysten Waller Diemont. "There is so much inspiration out there on our beautiful islands – it's something you have to experience to know."

WHAT IS THE BRAND'S USP?

"Next to our one-of-a-kind logo and name [*kokolishi* means 'shell'], our USP is definitely our unique Caribbean illustrations, [which are] inspired by our love for our island, family and people," says Waller Diemont. "Process and connection during creation is everything."

WHAT THREE WORDS BEST DESCRIBE YOUR STYLE?

Always Everything Kokolishi.

WHAT AND WHO INSPIRES YOU?

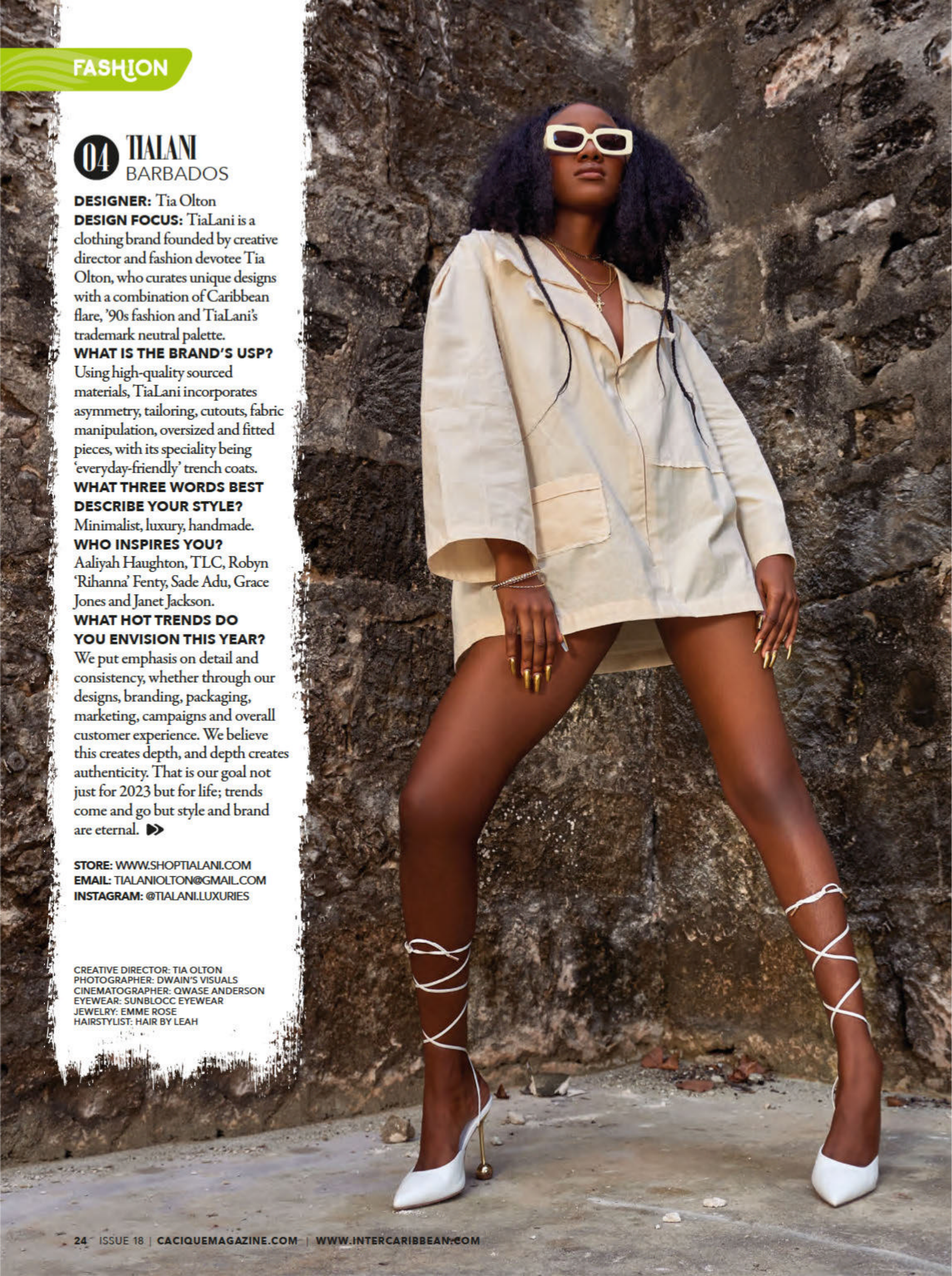
Closer to home inspirations are definitely older generations – 75-plus years old; they have this pureness and uniqueness with them and such a strong personal identity. Some of my personal inspirations are designers Virgil Abloh, Ronnie Fieg and Charaf Tajer.

WHAT HOT TRENDS DO YOU ENVISION THIS YEAR?

We aim to stay as classic as possible, but trends we love to follow are minimal staple pieces that last a long time and can be worn and cherished forever. Think of classic white socks, cotton shirts, a daily cap or wallet. ▶▶

PHOTO: GRAYSON VICEISZA

STORE: WWW.EVERYTHINGKOKOLISHI.COM
EMAIL: INFO@EVERYTHINGKOKOLISHI.COM
INSTAGRAM: @KOKOLISHIOFFICIAL



04 TIALANI
BARBADOS

DESIGNER: Tia Olton

DESIGN FOCUS: TiaLani is a clothing brand founded by creative director and fashion devotee Tia Olton, who curates unique designs with a combination of Caribbean flare, '90s fashion and TiaLani's trademark neutral palette.

WHAT IS THE BRAND'S USP?
Using high-quality sourced materials, TiaLani incorporates asymmetry, tailoring, cutouts, fabric manipulation, oversized and fitted pieces, with its speciality being 'everyday-friendly' trench coats.

WHAT THREE WORDS BEST DESCRIBE YOUR STYLE?
Minimalist, luxury, handmade.

WHO INSPIRES YOU?
Aaliyah Haughton, TLC, Robyn 'Rihanna' Fenty, Sade Adu, Grace Jones and Janet Jackson.

WHAT HOT TRENDS DO YOU ENVISION THIS YEAR?
We put emphasis on detail and consistency, whether through our designs, branding, packaging, marketing, campaigns and overall customer experience. We believe this creates depth, and depth creates authenticity. That is our goal not just for 2023 but for life; trends come and go but style and brand are eternal. ⏩

STORE: WWW.SHOPTIALANI.COM
EMAIL: TIALANIOLTON@GMAIL.COM
INSTAGRAM: @TIALANI.LUXURIES

CREATIVE DIRECTOR: TIA OLTON
PHOTOGRAPHER: DWAIN'S VISUALS
CINEMATOGRAPHER: QWASE ANDERSON
EYEWEAR: SUNBLOCC EYEWEAR
JEWELRY: EMME ROSE
HAIRSTYLIST: HAIR BY LEAH

05 KAISO. SWIM TRINIDAD & TOBAGO

DESIGNER: Trishelle Leacock

DESIGN FOCUS: Falling under the category of resort wear, Kaiso. Swim focuses on swimwear and outerwear pieces that can be worn to the beach or styled for brunch, and similar. Some clients even wear their swimwear as bodysuits with jeans or shorts.

WHAT IS THE BRAND'S USP?

"With each collection, there is a focus on telling a story," says designer Trishelle Leacock. "I love the idea of bringing people on a journey with me that allows them to witness the evolution of the brand's story." Kaiso. Swim is inspired by the island lifestyle and "touched with the boldness and authenticity of the Caribbean aesthetic". '*Kaiso*' means 'go forward', highlighting the company's central values: to continually grow, evolve and innovate as a brand. The name is rooted in the "idea of continually breathing life into stories and heritage through our pieces and also being inspired by the new generation who are now writing their own".

WHAT THREE WORDS BEST DESCRIBE YOUR STYLE?

Sporty, casual, monochromatic.

WHO INSPIRES YOU? Melissa Simon-Hartman is one designer's work I look forward to seeing. It is impeccable and she inspires me to push the envelope when developing new designs.

WHAT HOT TRENDS DO YOU ENVISION THIS YEAR?

I am seeing a push toward metallic fabrics, for sure! We even threw some into our Carnival wear for our sister brand Kaiso. Karni.

PHOTOS: NAOMI QUAN PHOTOGRAPHY

STORE: KAISOSWIM.COM | **EMAIL:** KAISOSWIM18@GMAIL.COM | **INSTAGRAM:** @KAISO.SWIM; @KAISOKARNI

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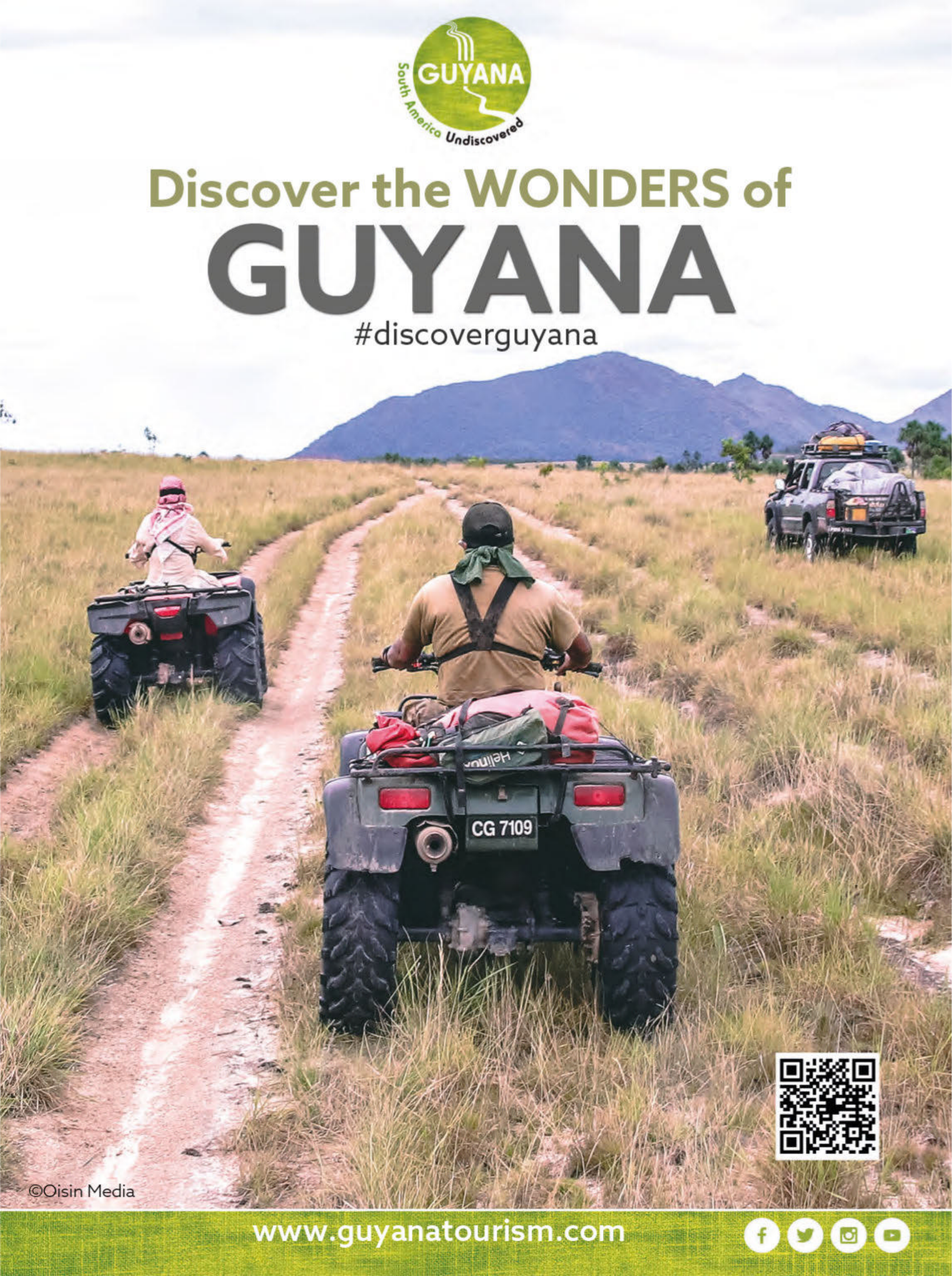
WhatsApp: (473) 405-7777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CUBA'S CURIOUS CREATURES

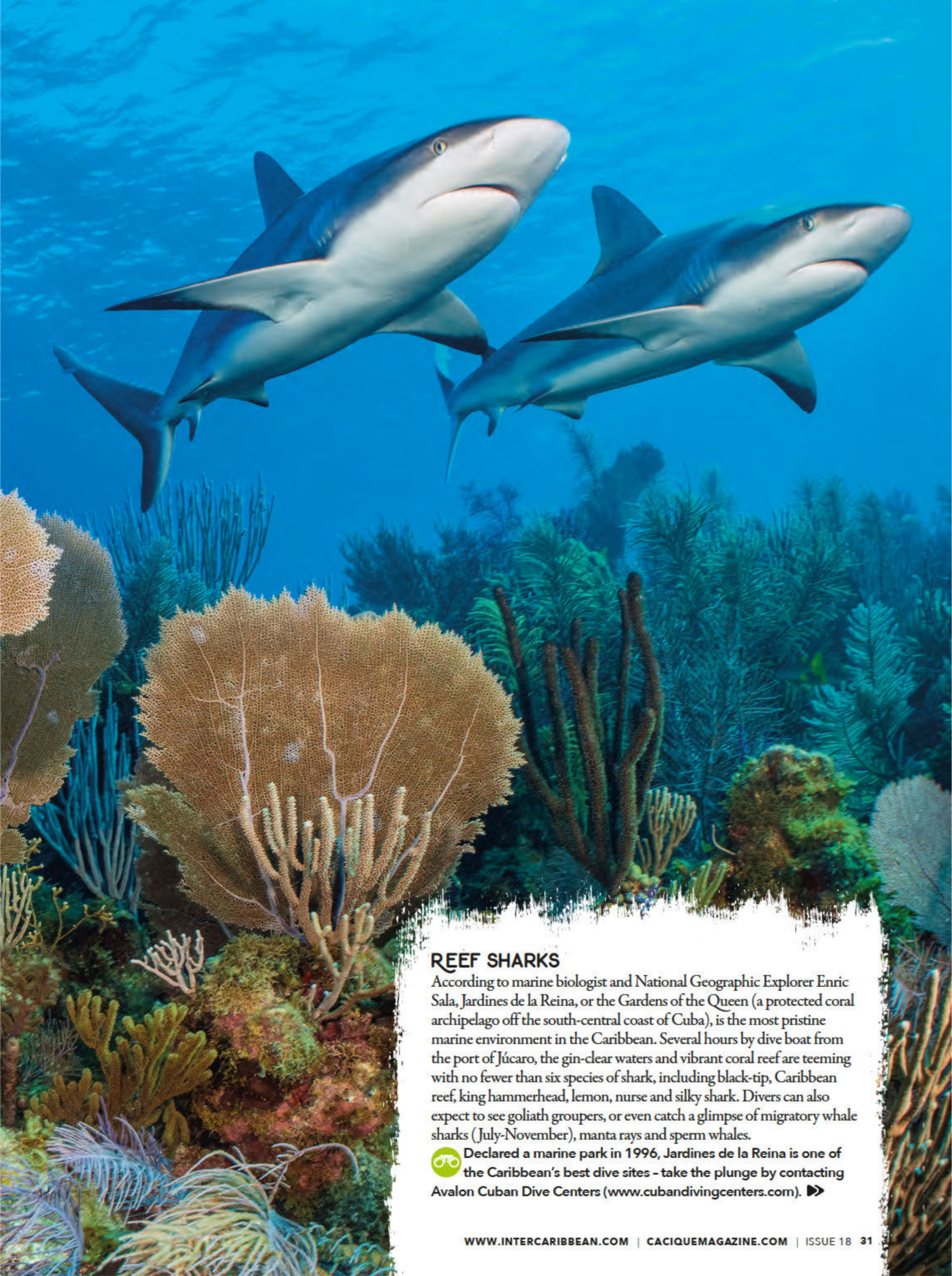
Explore the forests, shores and seas of the Caribbean's largest island and you can discover everything from sea turtles, sharks and manatees to flamingos, hummingbirds and a rather special snail. ***Claire Boobbyer*** *is your guide to the wild side of Cuba...*

PHOTO: ALEX MUSTARD/ NATUREPL.COM

the sun blazed down on the caramel-coloured beach. Nene, a conservationist, dug into the sand, the grains avalanching back into the hole as his fingers pushed deeper. It was hard work reaching through the cool layers of sand.

"I can feel one," he beamed. My eyes widened. Nene had struck gold – the nest of a green turtle. Of the world's seven species of marine turtle, six (including the green) are at risk of extinction.

Nene and I were at work on Guanal Beach, a curve of wild sand on the remote southern coast of Cuba's offshore Isle of Youth. Far from any human settlement, Guanal is protected 24/7 by park rangers. Some 250 green turtle nests had been marked by sticks, with notes on expected hatching dates. In less than half an hour, Nene had carefully freed 92 hatchlings, each half the size of the palm of his hand, from their nest. The turtles hesitated, then scuttled towards the sea, claimed by the ocean as the surf washed over the shore. With threats ranging from egg poaching and habitat destruction to fishing and climate change, it is estimated that only one in a thousand marine turtle hatchlings make it to adulthood.



REEF SHARKS

According to marine biologist and National Geographic Explorer Enric Sala, Jardines de la Reina, or the Gardens of the Queen (a protected coral archipelago off the south-central coast of Cuba), is the most pristine marine environment in the Caribbean. Several hours by dive boat from the port of Júcaro, the gin-clear waters and vibrant coral reef are teeming with no fewer than six species of shark, including black-tip, Caribbean reef, king hammerhead, lemon, nurse and silky shark. Divers can also expect to see goliath groupers, or even catch a glimpse of migratory whale sharks (July-November), manta rays and sperm whales.

Declared a marine park in 1996, Jardines de la Reina is one of the Caribbean's best dive sites - take the plunge by contacting Avalon Cuban Dive Centers (www.cubandivingcenters.com). ⏩

CUBAN CROCODILE

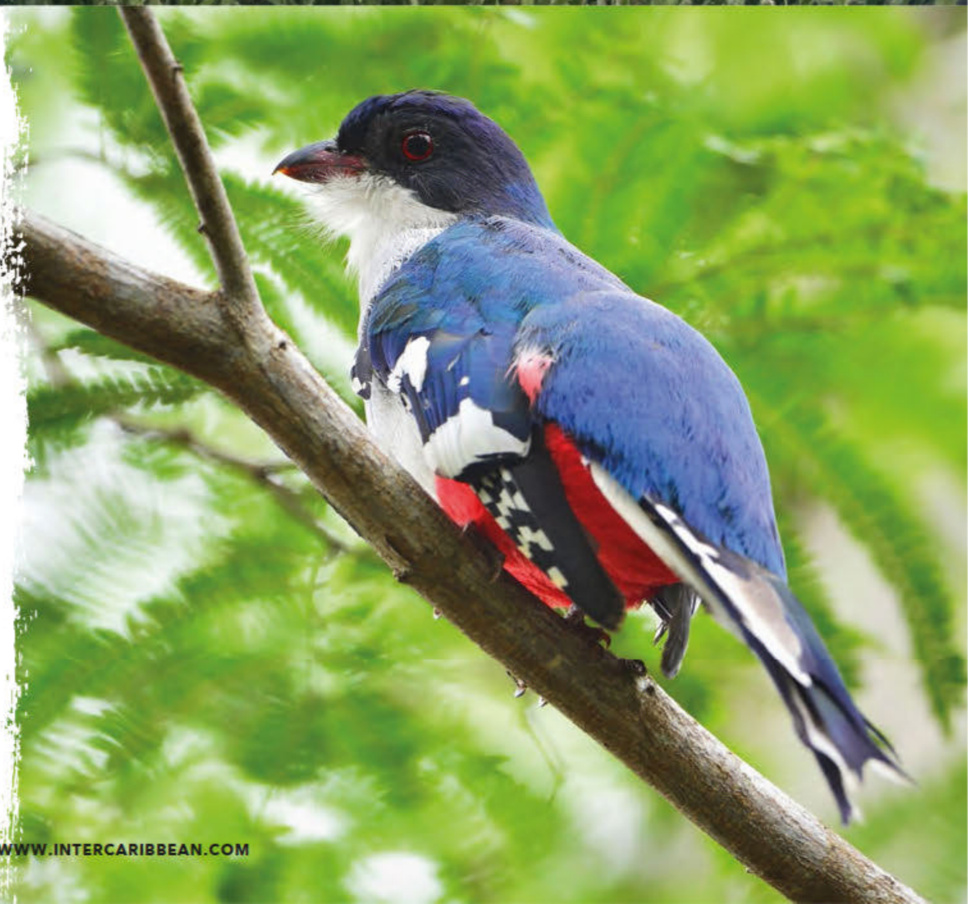
Deep in the freshwater swamps of Cuba lurk three species of crocs: the American crocodile, introduced caiman, and critically endangered and endemic Cuban crocodile. Habitat loss has seen American and Cuban crocodiles interbreed. Pure breeds, however, are found mainly in the Lanier Swamp on the Isle of Youth and in the Zapata Swamp on Cuba's south coast.

Spotting crocodiles in the wild can be challenging, but you're guaranteed an encounter (and a chance to see the crocodile nursery) at the Crocodile Farm at Guamá, a state-run breeding institution invested in the conservation of the Cuban crocodile. A public Víazul coach will drop you there or you can hire a taxi from Playa Larga/Caletón.

CUBAN TROGON

An endemic species known locally as the *tocororo*, the Cuban trogon is a handsome bird. Adorned with the colours of the Cuban flag, the bird isn't that difficult to spot in forested areas of the island. Look for the iridescent blue-teal green back, dusky white chest and scarlet red belly. Its distinctive call – a repetitive '*toco-toco-tocoro-tocoro*' – will also alert you to its presence. With luck, you may also spot its fine-looking forest companion – the neon-green ping pong ball-sized Cuban tody.

Cuban trogons can be seen throughout western Cuba. Try the Soroa Orchid Garden in the Sierra del Rosario Biosphere Reserve (with B&Bs nearby) and on the forest trails around eco-community Las Terrazas, which runs its own eco-hotel.



MARINE TURTLES

Cayo Largo, fringed with dazzling sugar-soft sands and basking in sapphire seas, is a thin slip of an island off the south coast of Cuba. It's a major tourist hotspot reached only by air. But, far from the all-inclusive resorts, on coarse sandy swathes, the green turtle – which makes up 90% of all marine turtles that nest in Cuba – arrives in its thousands to lay eggs each summer. They're joined by some 300 leatherback turtles, which nest from late spring to August.

In the heart of the resort zone, take a tour of the Sea Turtle Rescue Centre and see safeguarded, recently hatched turtles from eggs that have been collected from vulnerable caye locations. Other turtle nesting sites include the isolated, protected Guanahacabibes Peninsula in western Cuba. Enquire at La Bajada ecological station. To visit Guanal, stay at B&B Villa Arrecife in Cocodrilo on the Isle of Youth. ▶▶

AMERICAN FLAMINGO

Cuba's north coast features the largest nesting colony of American flamingo in the Caribbean. These elegant, long-legged birds spend their days searching the flats for shrimp and algae, which gives them their distinctive colour.

Reaching the flamingo nesting site in the Río Máximo-Cagüey Swamp, north of Camagüey, is not easy. Your best bet is to head to favoured feeding grounds, which not only have easier access but are also frequented by pink, roseate spoonbills. Try the north coast Jardines del Rey (Gardens of the King) archipelago – Cayos Coco and Guillermo – or the vast salt flats at Las Salinas in the south-coast Zapata National Park. Stay in a B&B in Caletón village, next to Playa Larga, and enquire at the national park offices up the road. Or ask for expert bird guides in Caletón.

CARIBBEAN MANATEE

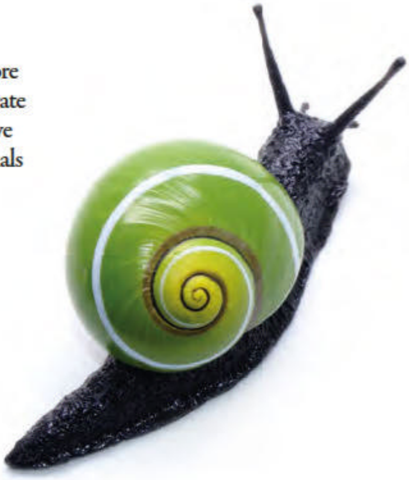
Manatees love warm water, like sun-starved holidaymakers from colder climes. Anything less than 19ºC and life becomes problematic for these shy creatures. In Cuba's waters they're elusive. Scientists have studied a population that lives off the west coast of the Isle of Youth, around Siguanea, where there's plenty of freshwater and seagrass forage for the 450kg mammals. Populations exist off the northwest coast of Cuba, and in Guantánamo Bay, criss-crossing the border between Cuban waters and those of the US naval station.

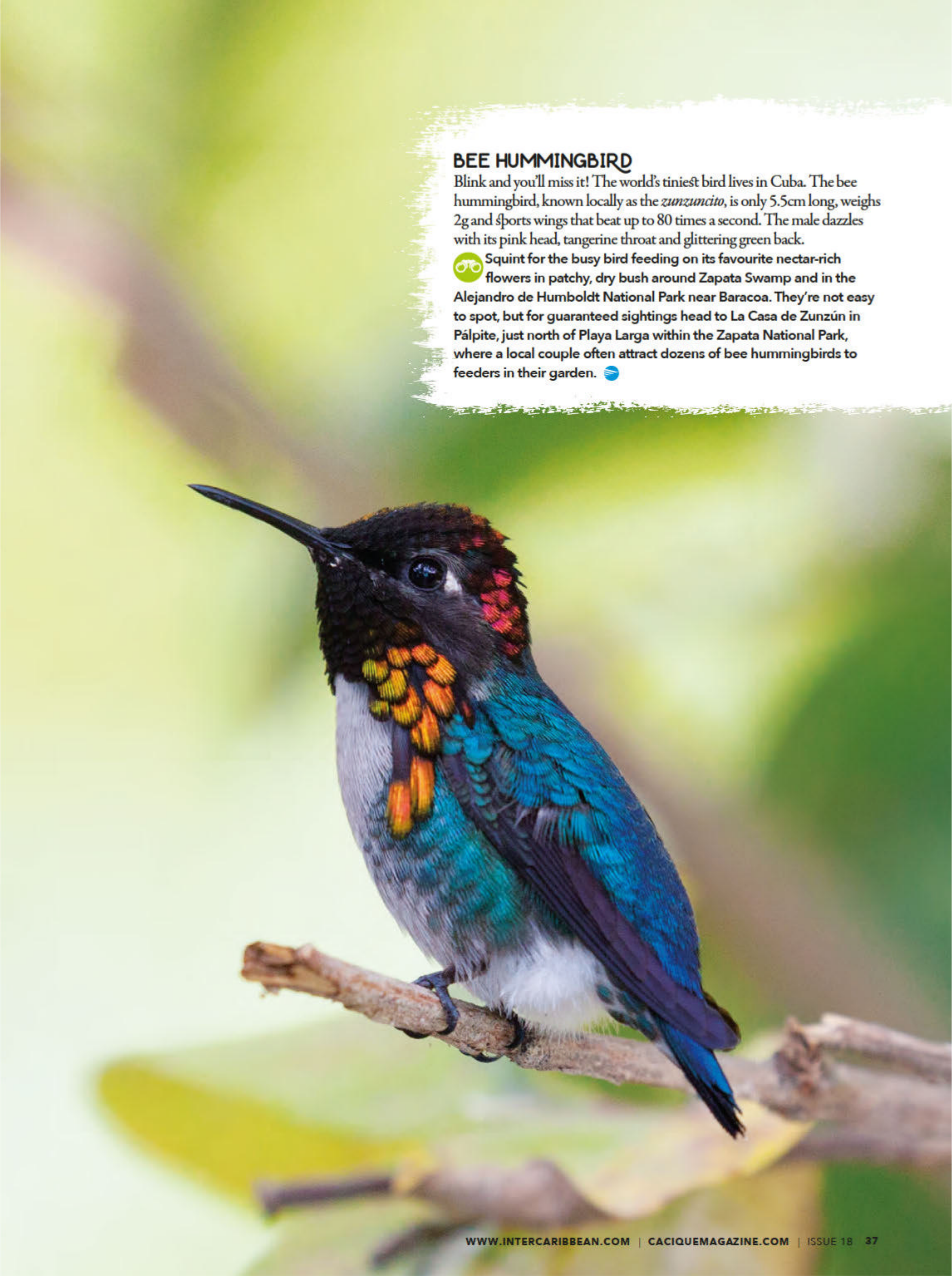
The best chance of a sighting is to head out into the calm waters of Taco Bay, north of Baracoa in eastern Cuba. Alejandro de Humboldt National Park staff row a wooden boat out to the mangrove fringes of the bay where a small number of manatees find refuge.

CUBAN PAINTED SNAIL

Surely the world's most colourful snail, *Polymita picta*, 2-3cm across and whorled in rainbow-like colours, is unique to eastern Cuba. When I first visited the island in the late '90s, the snails' shells were on sale to tourists, but the practice is now banned as the endemic species' future is at risk due to habitat loss and the illegal trade in shells. The Cuban painted snail won the Mollusc of the Year Award 2022 – an annual competition in which the winner (decided by public vote) receives a 'prize' of complete genome sequencing. This will help scientists learn more about the evolution of *Polymita picta*'s elaborate colouration, as well as its unusual reproductive behaviour in which hermaphroditic individuals use a 'love dart', stabbing mating partners to transfer sexual hormones.

For a wonderful close up of the Cuban painted snail, head to the home of a family who live on the edge of the Yumurí Canyon, 28km south of Baracoa. They cultivate its favoured food plants in their garden.





BEE HUMMINGBIRD

Blink and you'll miss it! The world's tiniest bird lives in Cuba. The bee hummingbird, known locally as the *zunzuncito*, is only 5.5cm long, weighs 2g and sports wings that beat up to 80 times a second. The male dazzles with its pink head, tangerine throat and glittering green back.

Squint for the busy bird feeding on its favourite nectar-rich flowers in patchy, dry bush around Zapata Swamp and in the Alejandro de Humboldt National Park near Baracoa. They're not easy to spot, but for guaranteed sightings head to La Casa de Zunzún in Pálpite, just north of Playa Larga within the Zapata National Park, where a local couple often attract dozens of bee hummingbirds to feeders in their garden.

LAS CURIOSAS CRIATURAS DE CUBA

Explore los bosques, las costas y los mares de la isla más grande del Caribe y podrá descubrir de todo, desde tortugas marinas, tiburones y manatíes hasta flamencos, colibríes y un caracol atípico. ***Claire Boobbyer*** *será tu guía en el lado salvaje de Cuba...*

El sol ardía sobre la playa color caramelo. Nene, un conservacionista, cavó en la arena y el polvo cayó como una avalancha en el agujero, mientras sus dedos empujaron más profundo. Fue un trabajo duro llegar a través de las frías capas de arena. "Puedo sentir uno", sonrió. Mis ojos se abrieron. Nene había encontrado oro: el nido de una tortuga verde.

De las siete especies de tortugas marinas del mundo, seis (incluida la verde) están en peligro de extinción. Nene y yo estábamos trabajando en la playa de Guanal, una bahía de arena salvaje en la remota costa sur de la Isla de la Juventud en alta mar en Cuba. Lejos de cualquier asentamiento humano, Guanal está protegido las 24 horas por guardaparques. Unos 250 nidos de tortugas verdes habían sido marcados con palos, con notas sobre las fechas previstas de eclosión.

En menos de media hora, Nene había liberado cuidadosamente de su nido a 92 crías, cada una del tamaño de la mitad de la palma de su mano. Las tortugas vacilaron, luego se escabulleron hacia el mar, reclamadas por el océano mientras las olas bañaban la orilla. Con amenazas que van desde la caza furtiva de huevos y la destrucción del hábitat hasta la pesca y el cambio climático, se estima que solo una de cada mil crías de tortugas marinas llega a la edad adulta.

TIBURONES DE ARRECIFE

Según el biólogo marino y explorador de National Geographic Enric Sala, Los "Jardines de la Reina", un archipiélago de coral protegido frente a la costa centro-sur de Cuba, es el entorno marino más prístino del Caribe. Tras varias horas en bote de buceo desde el puerto de Júcaro, las aguas claras como la ginebra y el vibrante arrecife de coral están repletos de no menos de seis especies de tiburones, incluidos el tiburón punta negra, el de arrecife caribeño, el tiburón martillo real, el limón, la nodriza y el tiburón sedoso. Los buzos también pueden esperar ver meros goliat, o incluso echar un vistazo a los tiburones ballena migratorios (julio-noviembre), mantarrayas y cachalotes.

Declarado parque marino en 1996, "Jardines de la Reina" es uno de los mejores sitios de buceo del Caribe. Láncese ál agua y póngase en contacto con los Centros Cubanos de Buceo "Avalon" en www.cubandivingcenters.com.

COCODRILO CUBANO

En lo profundo de los pantanos de agua dulce de Cuba se esconden tres especies de cocodrilos: el cocodrilo americano, el caimán y el cocodrilo cubano endémico que está en peligro crítico de extinción. La pérdida de hábitat ha generado cruce de razas entre los cocodrilos americanos y cubanos. Las razas puras, sin embargo, se encuentran principalmente en la Ciénaga de Lanier en la Isla de la Juventud y en la Península de Zapata en la costa sur de Cuba.

Ver cocodrilos en la naturaleza puede ser un desafío, pero tiene garantizado un encuentro (y la oportunidad de ver el criadero de cocodrilos) en el complejo en Guamá, una institución estatal que invierte en la conservación del cocodrilo cubano. Un autobús público de Viazul te dejará allí o puedes contratar un taxi desde Playa Larga/Caletón.

TROGÒN CUBANO

El Trogón cubano es una especie endémica conocida localmente como el Tocororo, un pájaro muy atractivo. Está adornado con los colores de la bandera cubana, por lo que el macho no es tan difícil de detectar en las zonas boscosas de la isla. Tiene en su lomo un verde azulado iridiscente, el pecho blanco oscuro y el vientre rojo escarlata. Y su llamado distintivo: un repetitivo "toco-toco-tocoro-tocoro" – que también te alertará de su presencia. Con suerte, también puede ver a su atractiva compañera del bosque: la Cartacuba verde neón que es del tamaño de una pelota de ping pong.

Los trogones cubanos se pueden ver en todo el oeste de Cuba. Visite el Jardín Botánico Orquídeario Soroa en la Reserva de la Biosfera Sierra del Rosario (con hostal cerca) y en los senderos del bosque alrededor de la comunidad ecológica Las Terrazas, que tiene su propio hotel ecológico.

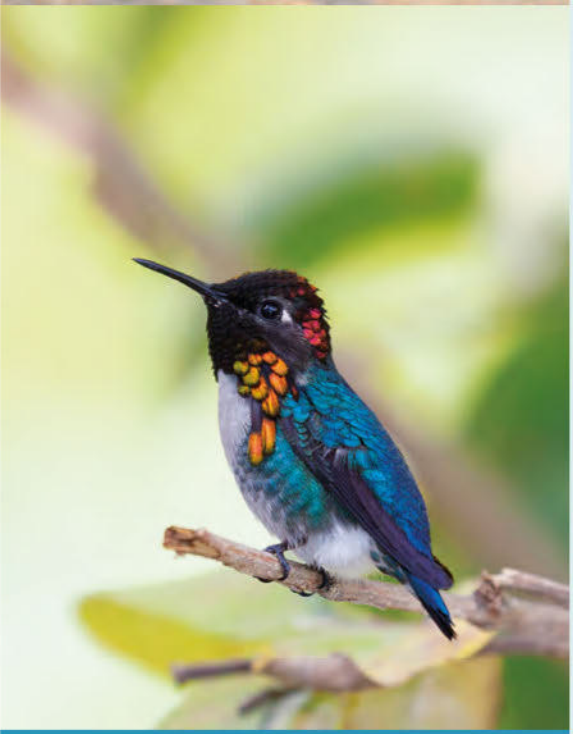
TORTUGAS MARINAS

Cayo Largo, bordeado de deslumbrantes arenas suaves como el azúcar y bañado en mares de color zafiro, es un pequeño trozo de isla frente a la costa sur de Cuba. Es un importante punto de acceso turístico al que solo se llega por vía aérea. Pero, lejos de los resorts todo incluido, sobre gruesas franjas de arena, la tortuga verde –que constituye el 90% de todas las tortugas marinas que anidan en Cuba– llega por miles a desovar cada verano. A ellos se unen unas 300 tortugas laúd, que anidan desde finales de la primavera hasta agosto.

En el corazón de la zona turística, haga un recorrido por el Centro de Rescate de Tortugas Marinas y vea tortugas protegidas recién nacidas de huevos que han sido recolectados en lugares vulnerables de los cayos. Otros sitios de anidación de tortugas incluyen la aislada y protegida Península de Guanahacabibes en el oeste de Cuba. Consulte la estación ecológica y meteorológica de La Bajada. Para visitar Guanal, alójate en el hostal de Villa Arrecife en el poblado de Cocodrilo en la Isla de la Juventud.

FLAMENCO AMERICANO

La costa norte de Cuba presenta la



colonia de anidación de flamencos americanos más grande del Caribe. Estas elegantes aves de largas patas pasan sus días buscando camarones y algas en las planicies, lo que les da su color distintivo.

Llegar al sitio de anidación de los flamencos en el Humedal Río Máximo-Cagüey, al norte de Camagüey, no es fácil. La mejor opción es dirigirse hacia las áreas preferidas para alimentarse, que no solo son de más fácil acceso sino que también son frecuentadas por cigüeñas y aves zancudas rosadas. Visite el archipiélago "Jardines del Rey" de la costa norte, los Cayos Coco y Guillermo, o las vastas salinas del Parque Nacional Zapata en la costa sur. Hospédese en un hostal en el pueblo de Caletón, al lado de Playa Larga, y busque las oficinas del Parque Nacional en la parte alta del camino. O pregunte por los guías expertos en aves en Caletón.

MANATÍ CARIBENO

A los manatíes les encanta el agua tibia, como a los turistas hambrientos de sol de climas más fríos. Algo menos de 19ºC y la vida se vuelve problemática para estas tímidas criaturas. En las aguas de Cuba son escurridizos. Los científicos han estudiado una población que vive frente a la costa oeste de la Isla de la Juventud, alrededor de Siguanea, donde hay abundante forraje de musgo de agua dulce y pastos marinos para los mamíferos de 450 kg. Habitan frente a la costa noroeste de Cuba y en la Bahía de Guantánamo, cruzando la frontera entre las aguas cubanas y las de la estación naval estadounidense.

La mejor oportunidad de un avistamiento es adentrarse en las tranquilas aguas de la Bahía de Taco, al norte de Baracoa, en el este de Cuba. El personal del Parque Nacional Alejandro de Humboldt rema en un bote de madera hacia la franja de manglares de la bahía, donde encuentra refugio un pequeño número de manatíes.

CARACOL PINTADO CUBANO

Seguramente el caracol más colorido del mundo, Polymita picta, de 2 a 3 cm de ancho y con espirales de colores similares al arcoíris, es exclusivo del este de Cuba. Cuando visité la isla por primera vez a fines de los años 90, las conchas de los caracoles estaban a la venta a los turistas, pero la práctica ahora está prohibida ya que el futuro de las especies endémicas está en riesgo debido a la pérdida de hábitat y el comercio ilegal de conchas. El caracol pintado cubano ganó el Premio Molusco del Año 2022, una competencia anual en la que el ganador (decidido por votación pública) recibe un "premio" de estudio de secuenciación del genoma completo. Esto ayudará a los científicos a aprender más sobre la evolución de la elaborada coloración del Polymita picta, así como su comportamiento reproductivo inusual en el que los individuos hermafroditas usan un "dardo de a mor", flechando a sus parejas para transferir hormonas sexuales.

Para un primer plano maravilloso del caracol pintado cubano, diríjase a la casa de una familia que vive al borde de la Boca de Yumurí, 28 km al sur de Baracoa. Ellos cultivan las plantas alimenticias favoritas de los caracoles en su jardín.

COLIBRÍ ABEJA

¡Parpadee y te lo perderás! El pájaro más pequeño del mundo vive en Cuba. El colibrí abeja, conocido localmente como Zunzuncito, mide solo 5,5 cm de largo, pesa dos gramos y luce alas que baten hasta 80 veces por segundo. El macho deslumbra con su cabeza rosada, garganta mandarina y espalda verde brillante.

Entrecierre los ojos para ver esta ave ocupada alimentándose de sus flores favoritas ricas en néctar en arbustos secos e irregulares alrededor de la Península de Zapata y en el Parque Nacional Alejandro de Humboldt cerca de Baracoa. No son fáciles de detectar, pero para tener un avistamiento garantizado diríjase a La Casa de Zunzún en Pálpite, justo al norte de Playa Larga dentro del Parque Nacional Zapata, donde una pareja local a menudo atrae a docenas de colibríes abeja a los comederos en su jardín.

COMPLETE GUIDE TO THE BEERIBBEAN

A hot day, a refreshing breeze, a cold beer on the beach. With apologies to rum-lovers, it's the quintessential Caribbean thirst-quencher. Which is strange, given that the hops used to brew beer don't thrive in the island climate. They're native to Europe – the first reference to brewing with hops comes from Germany around a thousand years ago. Beer was introduced to the Caribbean by the British in 1880. Heineken is now the regional giant, but many islands have their own local ales with decades of history. The global craft micro-brewery trend has also taken hold and won many fans. Here's our island-hop around some of the hop-based brews of the region, from recent upstarts to long-time favourites.

WORDS: JANET KIPLING

HOW IS BEER BREWED?

There are just three ingredients – water, barley and hops. Harder, more mineral-rich water goes into ale, whereas soft water is key to producing lager. It's added to barley grains to 'malt' them – triggering germination, then immediately drying them out. The drying influences the taste – the more it's 'kilned' or heated, the darker and more flavourful the brew.

Heard of the phrase 'adding grist to the mill'? That's what comes next. The malted cereals are crushed to separate the grain from its husk. The grist is soaked in hot water, and the enzymes get to work to turn the malt into sugar and make a sweet 'wort' (pronounced *wert* – a beer starter or unfermented beer). This is separated and put into a copper to be boiled. The grain mush isn't wasted – it makes a rich animal feed.

The dried flowers of the common hop (*Humulus lupulus*) are the final ingredient, with different varieties of hops producing a more citrusy or resiny taste. Wort and hops are boiled together, cooled and run into fermentation vessels along with yeast. This converts the natural sugars into alcohol and CO2. The beer is then stored at cold temperatures. Cask beers are put in a barrel for a second fermentation. This is a delicate stage – bacteria can easily attack the brew and spoil it. It's then filtered and bottled or canned. And the final stage – drinking it! ▶▶

PHOTOS THROUGHOUT COURTESY OF BREWEREIS

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PIGEON POINT
PILSNER
FRIG IT
AMBER ALE

ANTIGUA **2Six8**

Light in colour and delicate in flavour, Pigeon Point Pilsner is named after one of the most famous of Antigua's legendary 365 beaches. Best 'sessioned' on a beach or boat, this small-batch beer is produced by 2Six8 Craft Brewery, which is enjoying its seventh year. Their small range of ales, stouts and lagers is joined by seasonal and special-recipe offerings at their tap room in Falmouth, as well as other popular bars around the island.

ST MAARTEN **PELIKAAN**

Pelikaan was started in 2017 by a creative artist from France and an Argentinian computer scientist. Stephen Winkel and Nicolas Carlini united their mutual love of brewing and spotted a gap in the market for locally made craft beer. The company now has a five-beer range including 5% Mullet Bay. This smooth bitter blond beer has a distinctly Caribbean feel with flowery, spicy, citrus flavours. Best enjoyed at the end of a hot day on a favourite beach with a golden sunset.

BAHAMAS **KALIK**

Kalik, a golden lager, is the national beer of the Bahamas, controlling over 50% of the market. The winner of three consecutive Gold Medals from Monde Selection, Commonwealth Brewery Limited launched 5% Kalik in 1988. The brand's name was derived from the sound of the cowbell instrument used in Junkanoo. There's also 7% Kalik Gold, introduced in 1992 to mark the 500th anniversary of Columbus landing in the new world, as well as Kalik Lime and lemon-flavoured Kalik Radler.

BVI **TOLA**

Tola is BVI's first production craft brewery, located on the main island of Tortola. Creator Jose Ayala learnt his craft in his native Santo Domingo, then spent three decades refining his skills in the US. There are five crafted flavour beers, one stout and one house speciality beer, and the brewery has its own sports TV bar where you can enjoy them on tap. Tola Premium Lager calls itself the taste of island life. This 5.4% brew is made in small batches using flavourful German Hallertau hops.

BARBADOS **DREADHOP**

DreadHop founder and CEO Charles Mackenzie started brewing at home. His beer's popularity meant in 2013 he decided to take an old shipping container and convert it into a small brewery. DreadHop now offers six varieties, including Round Rock IPA, a 6% American West Coast style. It has big flavour without too much bitterness, with extra hops loaded at six different stages with tropical, citrus and fruity flavours for a well-balanced IPA.

TOLA
PREMIUM
LAGER
DREAD HOP BREWING
ROUND ROCK IPA
KALIK
GOLD
EXTRA STRONG

ANNA POTIAVINA/
SHUTTERSTOCK.COM
BEER-CERVEZA-BIÈRE
Bucanero
FUERTE
ALC. 5.4% VOL

CUBA **BUCANERO**

While imported beers can be found and vary by the month, supermarkets will almost certainly stock the distinctive red and black Bucanero. It's strong and flavourful, with an alcoholic content of 5.4%. Brewed by the Cervecería Bucanero brewery, this proud Cuban beer has malty, cereal notes, an apple-scented fruitiness and a pleasing bitterness. Perfect for watching basketball or playing a game of dominos with friends. ⏩

TOMMY'S
BREWING
COMPANY

TRINIDAD TOMMY'S

As gold as the Trini sun, Tommy's Craft Lager is a crisp, refreshing thirst-quencher. The 4.8% brew is finished with Citra, a hops variety prized for its vibrant profile of citrus and fruits. Tommy's was founded as Trinidad & Tobago's first (and still only) craft brewery in 2018, and named for Gabriel Tommy, the adventurous grandfather of founder John. Tommy's now also has a Brewpub in Movietowne, Port of Spain, where you can see the brew team at work and sample the 16-tap range of ales, lager and ciders – all named after Trini icons, including Steelpan Stout and Pirogue Pilsner.

Red Stripe
LAGER BEER

JAMAICA RED STRIPE

The great Jamaican beer in the 'little stubby' is the standard by which other Caribbean beers have been measured since 1928. Today, the company is a subsidiary of Heineken. Red Stripe has a low butterscotch flavour, full body and a smooth post-palate sensation. This light-gold lager is 4.7%, and is made using cassava starch. It has won 15 medals over the years, including gold in the Monde Selection in 2003.

ST VINCENT HAIROUN

Hairoun Beer is brewed with barley, hops and 100% natural spring water. This proud island icon is bottled at the St Vincent Brewery, which was founded in 1985. The beer is 4.8% and is enjoyed across North America, Europe and the Caribbean. Hairoun has won gold at the prestigious European Monde Selection competition.

TURKS & CAICOS
TURK'S HEAD

Turk's Head Brewery has a simple goal – to make T&C a destination for the best beers and best beaches in the world. Their four brews are named after local sayings including Gon-Ta-Nort (gone to the North) and I-Soon-Reach (in honour of island time). I-Ain-Ga-Lie ("that fish was as big as me") is a refreshing beer for a hot beach day. Delicate and smooth, it's a 4.8% strength. Perfect for swigging while sharing stories about your fishing trip.

DOMINICA KUBULI

The golden brew of Dominica is named after the Kalingo name for the island – *Wai'tu kubuli* – which means 'tall is her body'. The water used in the brew is fresh from Dominica's own Loubière Spring. Dominica Brewery began production of its 5% beer in 2010. Kubuli now has a 68% share of the local beer market, as well as a thriving export business.

TOMMYS
BREWING

Hand's on during the brewery process at Tommy's Craft Brewery in Trinidad

PHOTO: EPIDEMIC STUDIOS

DOMINICAN REPUBLIC PRESIDENTE

Presidente

A 5% Pilsner-type beer, Presidente has a slightly fruity aroma, prominent bitterness in the mouth and moderate acidity. Cervecería Nacional Dominicana (CND) has several breweries in the Dominican Republic. The company not only has ambitious business goals as a major player in the Caribbean, but it is also strong on environmental objectives, aiming to produce 100% of its electricity from renewable sources by 2025. It has already reduced annual water consumption by 40%.

GUYANA 592

592
PROUD LAGER BEER
BREWED FOR YOU

Soft and sweet at first, 592 finishes with a convincing blend of tempered alcohol notes and very smooth bitterness. The lager is produced by Guyana Breweries Inc (part of the Carib group) and takes its name from the #592 phone area code. It's a fairly new product, with a 4.3% alcohol content and an affordable price.

ST LUCIA PITON

Named after the iconic volcanic peaks, Piton was launched in 1992 and is now part of the Heineken stable. Rich in fruity 'ester' flavours, with a slight yeasty note, this 5% refreshing mountain brew is now celebrating '30 years of vybes'. Proudly St Lucian, Piton also has a shandy in ginger, sorrel, lemon and passion fruit flavours. Piton has a little over 50% share of the St Lucia market for lager and an even bigger share of the hearts of proud islanders.

HAITI PRESTIGE

Symbol of enjoyment, progress and national pride, Prestige rightly positions itself as the iconic Haitian brand. A poll of proud islanders chose the name when it was launched in 1976. In January 2010, when a massive earthquake devastated Haiti, brewery BRANA distributed tents and water bottles. Prestige production was stopped for only six weeks, and later that year the 5.6% American Style Lager won its second World Beer Cup gold. Among numerous community activities, Prestige successfully launched Prestige Entrepreneurship in 2021 to support young entrepreneurs in their business endeavours.

PUERTO RICO MEDALLA

MEDALLITA
Light

Inspired by the 21 medals won by Puerto Rican athletes in the 1979 PanAmerican Games, Medalla Light was created to celebrate San Juan hosting the games for the first time. Medalla has been recognised in the prestigious Monde Selection. Carefully selected hops and two-row barley make 4.2% Medalla a full-flavoured, light lager, with a golden colour, clean aroma and refined taste.

WINDWARD IPA
WEST INDIES BEER CO.

GRENADA
WINDWARD IPA

Created in a wood hut in the True Blue Resort, West Indies Beer Company now offers 16-plus beers and ciders. The flagship 6.8% ale Windward IPA is a blend of citrus hops, amber malts and natural Grenadian mountain water. With its crisp drinkability and smooth flavour, Windward IPA has quickly become a local favourite, as well as a hit with craft beer drinkers globally. When the brewery was set up in 2014 there hadn't been a brewery licence issued in Grenada for over 50

ST KITTS CARIB

Carib
LAGER

With 20-plus brands and a 70-year history, Carib is a massive player in the Caribbean beer market. There are four breweries – in St Kitts, Trinidad, Grenada and Florida. With the iconic blue label against the golden lager, Carib is a full-bodied brew that bursts with playful sun and sea vibes. It's a rich combination of sweet and bitter flavours and aromatics with a 5% strength. If you fancy something stronger, try 6% Carib Blue in the distinctive blue bottle.

GUÍA COMPLETA DE LA *CERVEZA DEL CARIBE*

Un día caluroso, una brisa refrescante y una cerveza bien fría en la playa. Con disculpas a los amantes del ron, es el calmante de sed caribeño por excelencia. Lo cual es extraño, dado que el lúpulo que se usa para elaborar cerveza no crece en el clima de las islas. Son nativas de Europa: la primera referencia a la elaboración de cerveza con lúpulo proviene de Alemania hace unos mil años. La cerveza fue introducida en el Caribe por los británicos en 1880. Heineken es ahora el gigante regional, pero muchas islas tienen sus propias cervezas locales con décadas de historia. La tendencia mundial de las microcervecerías artesanales también se ha afianzado y ganado muchos seguidores. Aquí está nuestro viaje de isla en isla para conocer algunas de las cervezas a base de lúpulo de la región, desde lanzamientos recientes hasta las favoritas de toda la vida.

ANTIGUA 2SIX8

De color claro y sabor delicado, Pigeon Point Pilsner lleva el nombre de una de las más famosas de las 365 legendarias playas de Antigua. Mejor "para una sesión" en una playa o en un barco, esta cerveza producida en pequeños lotes por la Cervecería artesanal 2Six8 ya está disfrutando de su séptimo año. Su pequeña gama de ales, stouts y lagers se unen a las recetas especiales y de temporada que se ofrecen en su taberna en Falmouth, así como en otros bares populares de la isla.

LAS BAHAMAS KALIK

Kalik, es la cerveza lager nacional de las Bahamas y controla más del 50% del mercado. Ganadora de tres medallas de oro consecutivas de la Selección *Monde*, la Cervecera de la Mancomunidad (Commonwealth Brewery Limited) lanzó Kalik con un 5% de alcohol en 1988. El nombre de la marca se derivó del sonido del cencerro utilizado en Junkanoo. También hay Kalik de Oro (Gold) con un 7%, introducida en 1992 para conmemorar el 500 aniversario del desembarco de Colón en el nuevo mundo, así como Kalik Lime y Kalik Radler con sabor a limón.

BARBADOS DREADHOP

El fundador y director ejecutivo de DreadHop, Charles Mackenzie, comenzó a elaborar cerveza en casa. La popularidad de su cerveza significó que en 2013 decidió tomar un viejo contenedor de envíos y convertirlo en una pequeña cervecería. DreadHop ahora ofrece seis variedades, incluida la *Round Rock IPA*, un estilo de la costa oeste estadounidense al 6%. Tiene un gran sabor sin demasiado amargor, con lúpulo extra cargado en seis etapas diferentes con sabores tropicales, cítricos y afrutados para una IPA bien balanceada.

ISLAS VÍRGENES BRITÁNICAS TOLA

Tola es la primera cervecería artesanal de producción en BVI, ubicada en la isla principal de Tortola. El creador José Ayala aprendió su oficio en su natal Santo Domingo y luego pasó tres décadas perfeccionando sus habilidades en los Estados Unidos. Hay cinco cervezas de sabores artesanales, una *stout* y una cerveza de especialidad de la casa, y la cervecería tiene su propio bar donde puede disfrutarlas directamente del barril. La Cerveza *lager* Premium Tola tiene en sí misma el sabor de la vida en la isla. Esta cerveza al 5,4 % se elabora en pequeños lotes utilizando sabrosos lúpulos alemanes Hallertau.

CUBA BUCANERO

Si bien se pueden encontrar cervezas importadas que varían según el mes, los supermercados suelen tener la distintiva Bucanero roja y negra. Es fuerte y sabrosa, con una graduación alcohólica de 5,4%. Elaborada por la cervecería Bucanero, esta orgullosa cerveza cubana tiene notas malteadas a cereales, un aroma frutal a manzana y un agradable amargor. Perfecto para ver baloncesto o jugar una partida de dominó con amigos.

DOMINICA KUBULÍ

El brebaje dorado de Dominica lleva el nombre del nombre Kalingo de la isla, Wai'tu kubuli, que significa "alto es su cuerpo". El agua utilizada en la infusión es fresca del manantial Loubière de Dominica. Dominica Brewery comenzó la producción de su cerveza al 5 % en 2010. Kubuli ahora tiene una participación del 68 % en el mercado cervecero local, así como un próspero negocio de exportación.

REPÚBLICA DOMINICANA PRESIDENTE

La cerveza tipo Pilsner al 5%, Presidente tiene un aroma levemente afrutado, amargor prominente en la boca y acidez moderada. La Cervecería Nacional Dominicana (CND) tiene varias cervecerías en la República Dominicana. La empresa no solo tiene metas comerciales ambiciosas como jugador importante en el Caribe, sino que también tiene objetivos ambientales sólidos, con el objetivo de producir el 100 % de su electricidad a partir de fuentes renovables para 2025. Ya han reducido el consumo anual de agua en un 40 %.

GRANADA WINDWARD IPA

Creada en una cabaña de madera en True Blue Resort, la Compañía de Cervezas de las Indias Occidentales ahora ofrece más de 16 cervezas y sidras. La cerveza insignia al 6.8% Windward IPA es una mezcla de lúpulos cítricos, maltas ámbar y agua natural de montaña de Granada. Con su bebida fresca y sabor suave, Barlovento IPA se ha convertido rápidamente en la cerveza local favorita, así como un éxito entre los bebedores de cerveza artesanal en todo el mundo. Cuando se estableció la cervecería en 2014, no se había emitido una licencia de cervecería en Granada durante más de 50 años.

KALIK GOLD
592
BREWED FOR YOU
MEDALLITA Light
Carib LAGER
Presidente

GUYANA 592

Suave y dulce al principio, 592 termina con una convincente mezcla de notas de alcohol templado y un amargor muy suave. La cerveza *lager* es producida por la Cervecería Guyana Inc (parte del grupo Carib) y toma su nombre del código telefónico del área #592. Es un producto bastante nuevo, con un grado de alcohol de 4,3% y un precio asequible.

HAITÍ PRESTIGIO

Símbolo de disfrute, progreso y orgullo nacional, Prestige se posiciona correctamente como la marca icónica de Haití. Una encuesta de orgullosos isleños eligió el nombre cuando se lanzó en 1976. En enero de 2010, cuando un gran terremoto devastó Haití, la cervecería Brana distribuyó tiendas de campaña o carpas y botellas de agua. La producción de Prestige se detuvo solo durante seis semanas y más tarde ese año, la cerveza *lager* de estilo americano al 5,6% ganó su segundo oro en la Copa Mundial de la Cerveza. Entre numerosas actividades comunitarias, Prestige lanzó con éxito "Emprendimiento Prestige" en 2021 para apoyar a los jóvenes emprendedores en sus esfuerzos comerciales.

JAMAICA RED STRIPE

La gran cerveza jamaiquina en la botella "pequeña y gordita" es el estándar con el que se miden otras cervezas caribeñas desde 1928. Hoy, la empresa es una subsidiaria de Heineken. Red Stripe tiene un bajo sabor a caramelo, cuerpo completo y una suave sensación en el paladar. Esta cerveza *lager* claro tiene un 4,7% y se elabora con almidón de yuca. Ha ganado 15 medallas a lo largo de los años, incluido el oro en la Selección *Monde* en 2003.

PUERTO RICO MEDALLA

Inspirada en las 21 medallas ganadas por los atletas puertorriqueños en los Juegos Panamericanos de 1979, Medalla Light fue creada para celebrar que San Juan fue sede de los juegos por primera vez. Medalla ha sido reconocida en la prestigiosa Selecciöó *Monde*. Los lúpulos cuidadosamente seleccionados y la cebada de dos hileras hacen de Medalla una cerveza dorada ligera con un 4,2%, de pleno sabor, con un color dorado claro, aroma limpio y sabor refinado.

SAN CRISTÓBAL CARIB

Con más de 20 marcas y una historia de 70 años, Carib es un actor importante en el mercado cervecero del Caribe. Hay cuatro cervecerías: en San Cristóbal, Trinidad, Granada y Florida. Con la icónica etiqueta azul en contraste con la cerveza dorada, Carib es una cerveza con mucho cuerpo que estalla con juguetonas vibraciones de sol y mar. Es una rica combinación de sabores dulces y amargos y aromáticos con un 5% de fuerza. Si te apetece algo más fuerte, prueba Carib Blue al 6% en la distintiva botella totalmente azul.

SANTA LUCÍA PITON

Llamada así por los icónicos picos volcánicos, Piton se lanzó en 1992 y ahora es parte del grupo Heineken. Rica en sabores afrutados de "éster", con una ligera nota de levadura, este refrescante brebaje de montaña al 5% ahora celebra "30 años de vibraciones". Orgullosamente santalucense, Piton también tiene un sabor a jengibre, acedera, limón y maracuyá. Piton tiene un poco más del 50 % de participación en el mercado de cervezas *lager* en Santa Lucía y una participación aún mayor en los corazones de los orgullosos isleños.

SAN MARTIN PELIKAAN

Pelikaan fue iniciada en 2017 por un artista creativo de Francia y un informático argentino. Stephen Winkel y Nicolas Carlini unieron su amor mutuo por la elaboración de cerveza y cerraron la brecha del mercado de la cerveza artesanal local. La compañía ahora tiene una gama de cinco cervezas que incluye la Mullet Bay con un 5%. Esta suave cerveza rubia amarga tiene una sensación claramente caribeña con sabores florales, especiados y cítricos. Se disfruta mejor al final de un día caluroso en su playa favorita con una puesta de sol dorada.

SAN VICENTE HAIROUN

La cerveza Hairoun se elabora con cebada, lúpulo y agua de manantial 100% natural. Este orgulloso ícono de la isla se embotella en la Cervecería St Vincent, que fue fundada en 1985. La cerveza tiene un 4,8 % y se disfruta en América del Norte, Europa y el Caribe. Hairoun ha ganado el oro en el prestigioso concurso Selección *Monde* en Europa.

TRINIDAD TOMMY´S

Tan dorada como el sol de Trini, La cerveza artesanal dorada Tommy's es una bebida fresca y refrescante para saciar la sed. La infusión al 4,8 % se completa con Citra, una variedad de lúpulo apreciada por su perfil vibrante de cítricos y frutas. Tommy's se fundó como la primera (y aún única) cervecería artesanal de Trinidad y Tobago en 2018, y lleva el nombre de Gabriel Tommy, el aventurero abuelo del fundador John. Tommy's ahora también tiene un bar cervecero en Movietowne, Puerto España, donde puede ver al equipo de elaboración de cerveza en el trabajo y degustar la gama de 16 grifos de *ales*, *lagers* y sidras, todas con nombres de íconos de Trini, incluidos Steelpan Stout y Pirogue Pilsner.

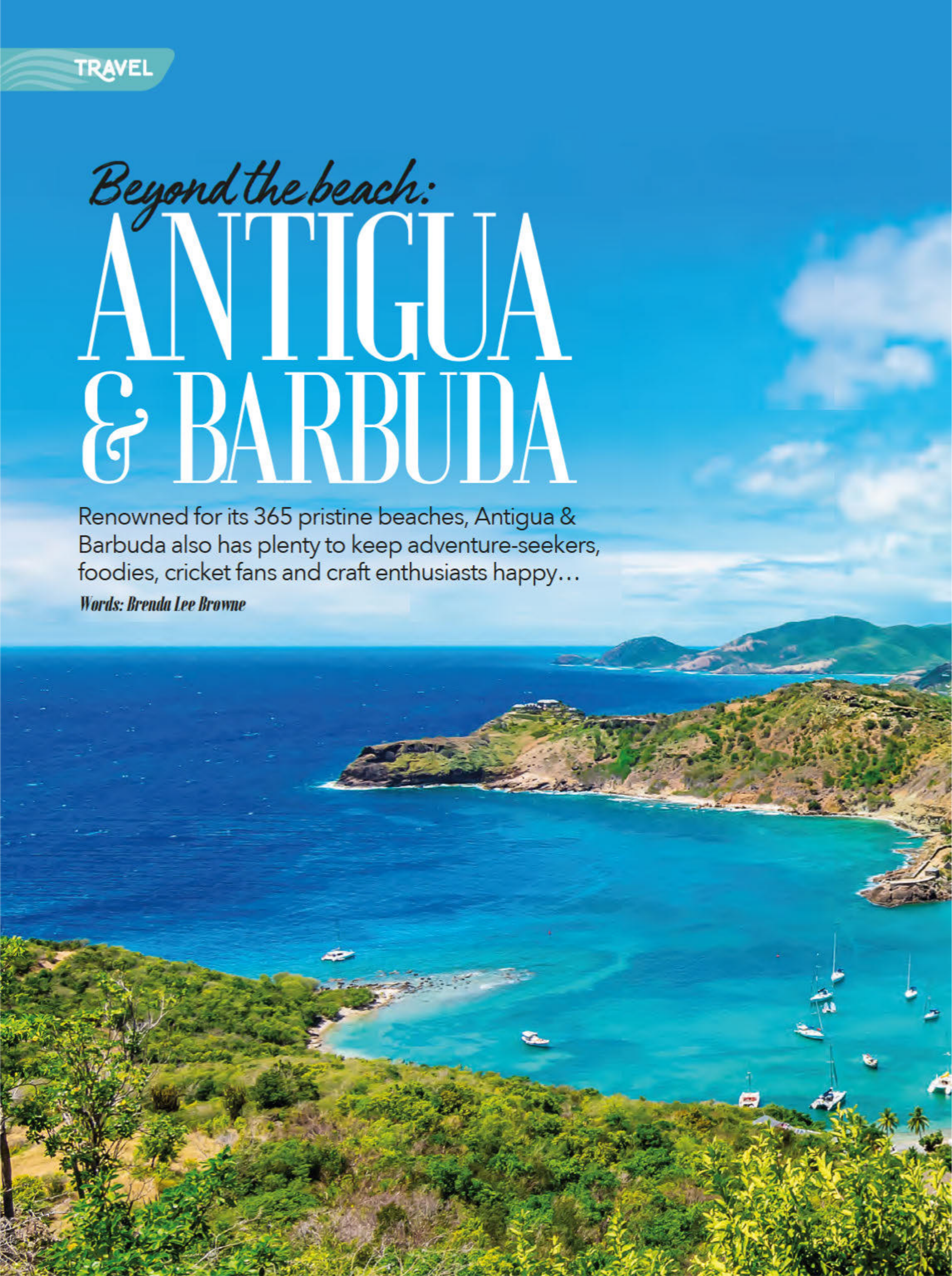
TURCAS & CAICOS TURK'S HEAD

La Cervecería Turk's Head tiene un objetivo simple: hacer de T&C un destino para las mejores cervezas y las mejores playas del mundo. Sus cuatro cervezas llevan el nombre de refranes locales, incluidos Gon-Ta-Nort (se fue al norte) y I-Soon-Reach (en honor al tiempo de la isla). I-Ain-Ga-Lie (ese pez era tan grande como yo) es una cerveza refrescante para un caluroso día de playa. Delicada y suave, tiene una fuerza del 4,8%. Perfecta para beber mientras comparte historias sobre su viaje de pesca.

Beyond the beach: ANTIGUA & BARBUDA

Renowned for its 365 pristine beaches, Antigua & Barbuda also has plenty to keep adventure-seekers, foodies, cricket fans and craft enthusiasts happy…

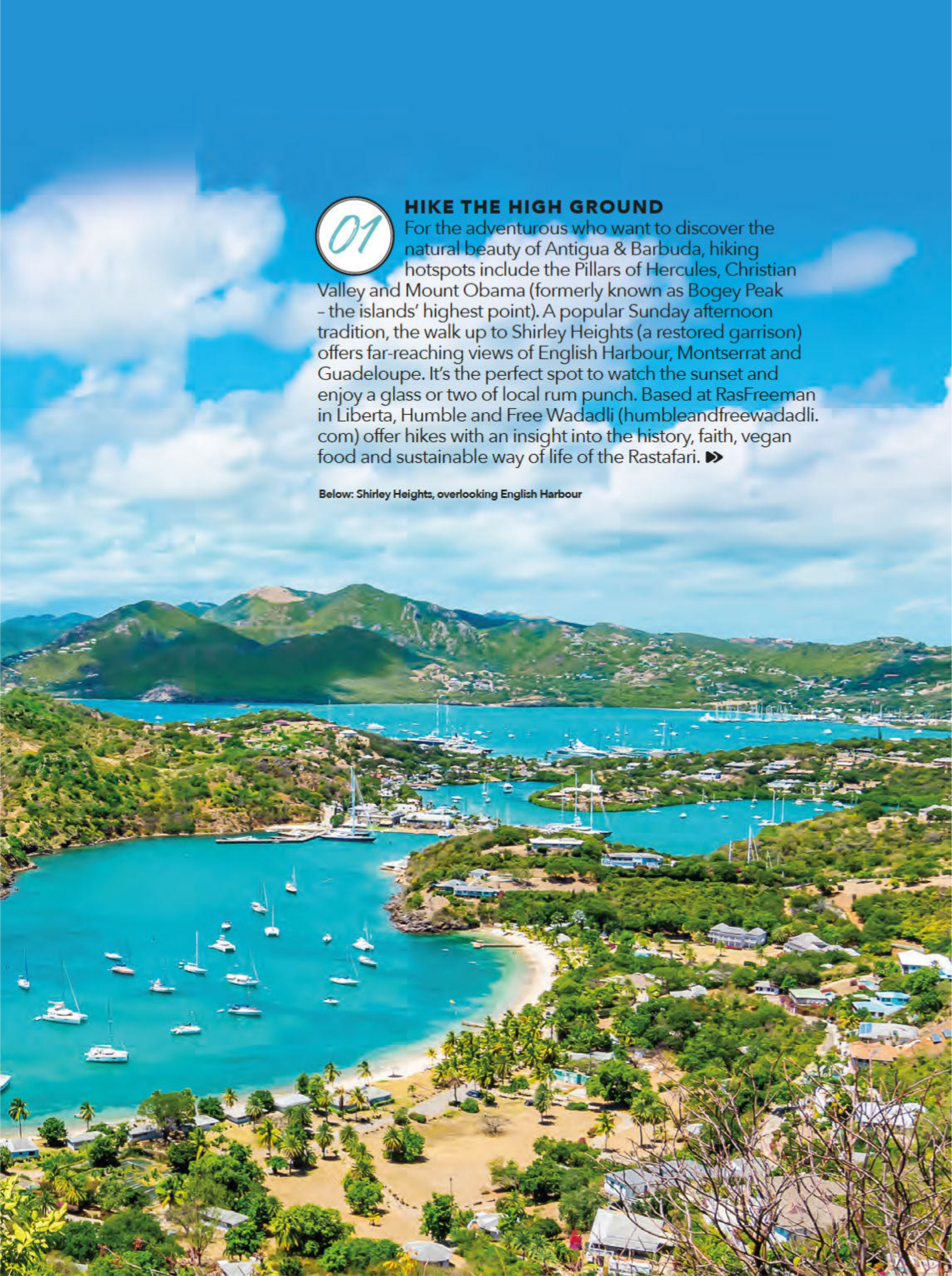
Words: Brenda Lee Browne



01

HIKE THE HIGH GROUND

For the adventurous who want to discover the natural beauty of Antigua & Barbuda, hiking hotspots include the Pillars of Hercules, Christian Valley and Mount Obama (formerly known as Bogey Peak – the islands' highest point). A popular Sunday afternoon tradition, the walk up to Shirley Heights (a restored garrison) offers far-reaching views of English Harbour, Montserrat and Guadeloupe. It's the perfect spot to watch the sunset and enjoy a glass or two of local rum punch. Based at RasFreeman in Liberta, Humble and Free Wadadli (humbleandfreewadadli.com) offer hikes with an insight into the history, faith, vegan food and sustainable way of life of the Rastafari.



Below: Shirley Heights, overlooking English Harbour

Cedars Pottery

02

GET ALL CRAFTY

Cedars Pottery (margriehunt.com) features the ceramics and stone carvings of husband-and-wife team Imogen Margrie and Mike Hunt. They also offer two-hour paint-a-pot sessions where you can decorate mugs, vases, animal shapes and soap dishes, with Mike on hand to answer your creative queries on colour selection, paint effects and patterns. Once you have completed your masterpiece, it takes a couple of days for it to be glazed and fired. Rhythm of Blue (rhythmofblue.com) in English Harbour is the home of potter Nancy Nicholson who uses locally sourced clay to produce distinctively decorated ceramics, art and jewellery – all inspired by the ocean.

Half Moon Bay

03

DON'T FORGET THOSE BEACHES...

There are 365 to choose from (including a 17-mile stretch of pink sand on Barbuda). Some of the most glorious are Dickenson Bay, Ffryes, Half Moon Bay, Hawksbill, Pigeon Point and Rendezvous Bay.

04

EAT LOCAL, ORGANIC FOOD

If all the hiking, creativity and driving around is making you hungry there are several places that will give you an authentic, organic taste of Antigua. Chef Jermaine Jonas is the culinary genius behind Bushbungalow (uptownorganic.wixsite.com/plantbased), a farm-to-table, minimal waste, plant-based restaurant and farm shop at Colesome Market, where you can also join events such as zumba and yoga brunches. The last decade has seen a rise in vegan and vegetarian eateries in Antigua. Based on the Ital-Rastafarian principle of cooking with coconut milk, One Stone Ital Shack is one of the longest-established vegan food stands in St John's. Vegan 100 and Queen's Royal Treats – both located just outside St John's – are also worth tracking down. Just to the north of St John's, at Hodges Bay, Dawne's Soliel Kafe is a small eatery and bar offering a blend of creole dishes using seasonal vegetables and seafood. Be sure to try one of their delicious drinks infused with local herbs and fruits.

Bushbungalow's Jermaine Jonas

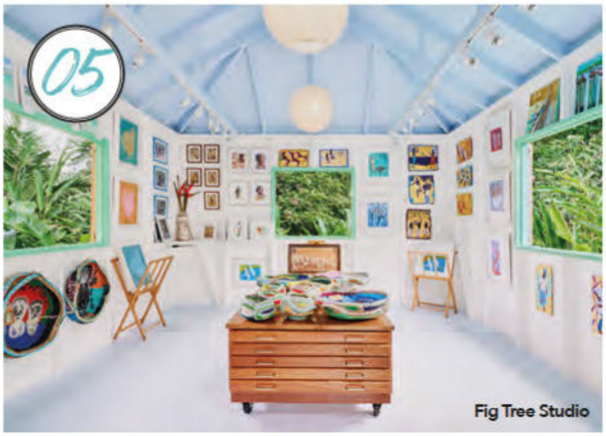


Fig Tree Studio

HIT THE ART TRAIL

Several artists live and work in Antigua & Barbuda. Tucked away in the lushness of Fig Tree Drive, surrounded by giant silk cotton trees, you'll find the delightful Fig Tree Studio (figtreestudioart.com). Owned by artist Sally Harker, it's a wonderful space to browse artwork, carvings and painted calabashes. Other artist studios include Gilly Gobinet and Heather Doram, while Zemi Art Gallery in St John's houses the colourful works of Stephen Murphy.

St John's Cathedral

CHECK OUT THE CHURCHES

Driving around Antigua & Barbuda will give you an opportunity to visit historical sites, including Nelson's Dockyard (the only Georgian naval dockyard in the world) and Fort James. You can also visit the imposing St John's Cathedral or St Peter's Church in the first capital of Parham. On the road to English Harbour, meanwhile, you can't miss the beautiful pink church Our Lady of Perpetual Help (Tyrell's Catholic Church).

GO BIRDING ON BARBUDA

If you hop over to Antigua's sister island of Barbuda, you'll find a largely undeveloped and sparsely populated gem that's a must for nature lovers. As well as coral reefs and shipwrecks for snorkelling and diving, birdwatchers should take a boat trip to the Frigate Bird Sanctuary at Codrington Lagoon where the mangrove forest supports a colony of some 5,000 magnificent frigatebirds. From June to September, green, hawksbill and leatherback turtles nest on the beaches of Antigua & Barbuda.

Male frigatebird

Statue of cricketing legend Sir Vivian Richards

CATCH A CRICKET GAME

Antigua is renowned for its four cricketing knights – Sir Vivian Richards, Sir Andy Roberts, Sir Richie Richardson and Sir Curtly Ambrose. Cricket fans should make their way to the Sir Vivian Richards Stadium to see a bronze statue of the venue's namesake and, during cricket season (normally September to May), to watch local, regional and international matches. Cricket grounds are dotted around the island and usually feature the three essentials of watching cricket in Antigua: food, rum and music.

AND THERE'S MORE...

One of the largest events on the international sailing calendar, Antigua Sailing Week (sailingweek.com), is held during April/May. View the spectacle of flotillas of yachts tacking across the azure waters of the Caribbean from look-out points around the island – or head to English Harbour and Nelson's Dockyard where crews gather at the end of each day.

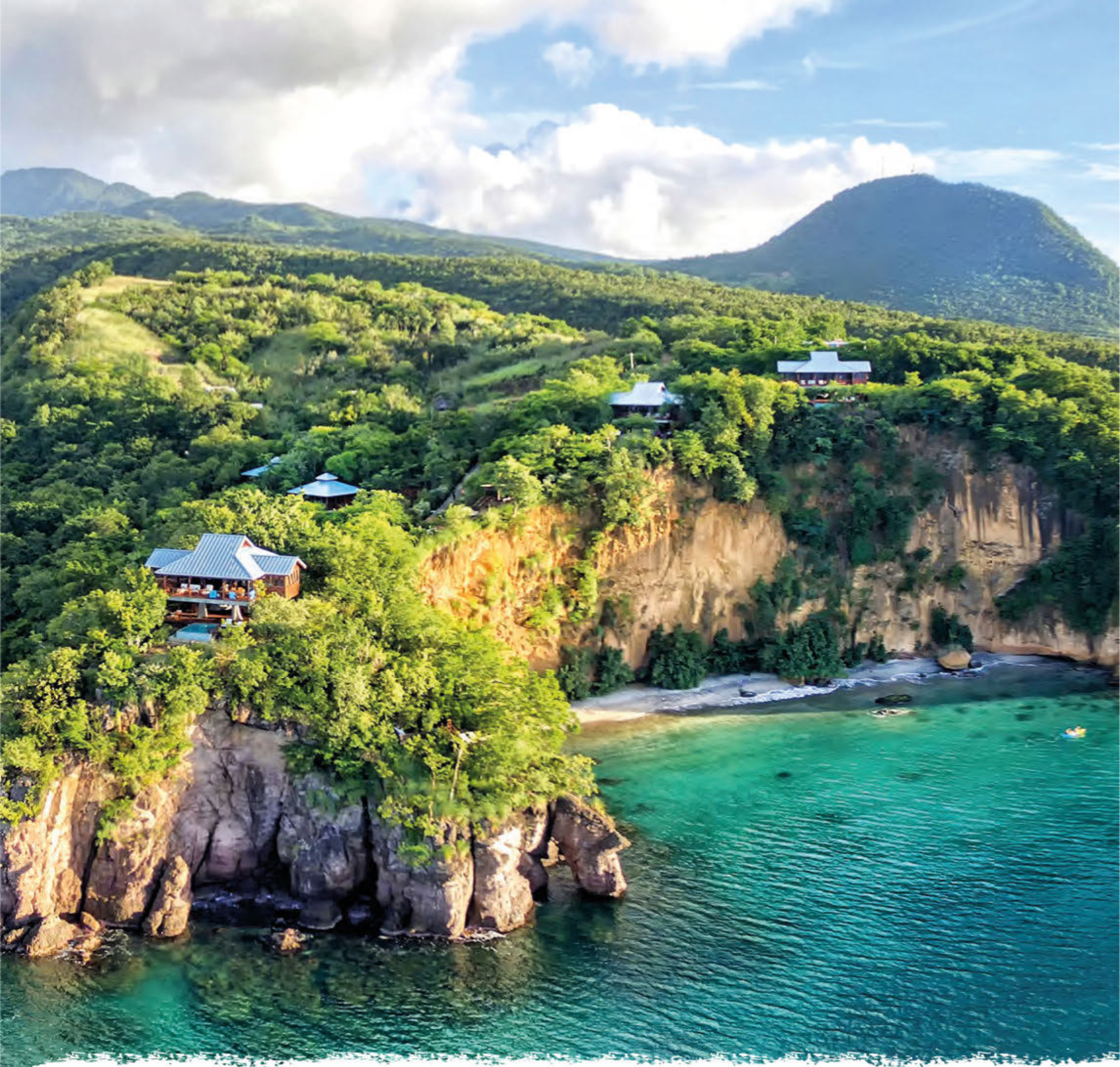
WORDS: GAVIN THOMAS

IMAGES COURTESY OF PROPERTIES

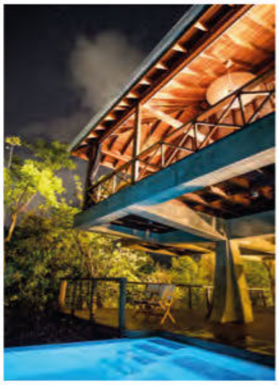
SUSTAINABLE STAYS

Five of the Caribbean's Best Eco-friendly Resorts

Sustainability is big news in the Caribbean – not surprising, given the region's extraordinary natural beauty and its vulnerability to climate change. Hotels and resorts have stepped up to the challenge of providing memorable lodgings and guest experiences which, however expensive they may be, at least don't cost the earth. Sustainable practices at the best places go much further than simply asking guests to re-use their towels or installing energy-efficient lightbulbs. For the Caribbean's eco-resort pioneers, environmental responsibility starts long before the first guests arrive, with new resorts constructed from sustainable materials and built without the use of heavy machinery, and only clearing existing trees and vegetation where absolutely necessary. Innovative energy solutions come as standard, along with locally sourced food (often grown on site), while the social impacts and economic effects on local communities also play a key role, creating a virtuous circle of visitor satisfaction, economic development and environmental preservation.



SECRET BAY
DOMINICA



A beacon of sustainability on one of the Caribbean's most environmentally conscious islands, Secret Bay (secretbay.dm) combines intimate boutique luxury with the lightest of footprints. Perched in a spectacular clifftop setting high above the ocean, the resort's layout was designed to minimise the amount of clear-cutting required during construction and then painstakingly assembled using hand tools only, avoiding the use of even a single piece of heavy machinery in order to protect the surrounding coastal terrain and the delicate corals in the ocean below. Buildings are constructed entirely from sustainably sourced Guyanese hardwood following LEED (Leadership in Energy and Environmental Design) best practices, with bedroom furniture made from locally sourced red cedar. Extensive recycling underpins the resort's zero-waste policy, while the attached organic farm provides fresh food for the on-site kitchen. ⏩

DOMINICAN TREE HOUSE VILLAGE

DOMINICAN REPUBLIC

Concealed in a pristine tropical valley, the Dominican Tree House Village (dominicantreehousevillage.com) looks every inch the archetypal Caribbean jungle eco-resort, with dangling rope bridges linking a string of quaint, thatched tree houses half obscured by the surrounding tangle of forest. Social responsibility lies at the heart of the resort's sustainable vision, with tourism-related revenues providing a major source of income for residents of the local community of El Valle who, prior to the resort's construction, had been locked in a disastrous cycle of overfishing and slash-and-burn forest clearance. An ambitious tree- and flower-planting programme aims to restore the surrounding landscape to its original glory, while revenue from the resort has helped build or repair over 60 local houses, as well as improving local infrastructure and services, ranging from the creation of wells and ongoing road repairs to the provision of free dental care for local residents. ⮞

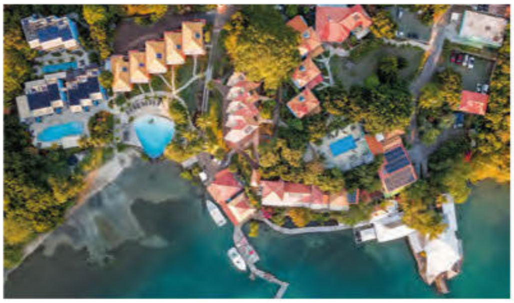
HERMITAGE BAY
ANTIGUA

One of a select handful of Green Globe Gold-rated properties in the Caribbean, Hermitage Bay (hermitagebay.com) offers a landmark example of how to combine barefoot luxury with long-term sustainability. Established in 2003, the resort established a template for green development in the region, leaving existing trees and vegetation in place wherever possible, avoiding the use of heavy machinery during construction and employing sustainable materials throughout the resort's building – as well as formulating a "triple-bottom-line" model to address the resort's social and economic impacts alongside its environmental footprint. Two decades later, sustainability still lies at the heart of the resort's operations. Solar power fires the resort's electrical grid, while food is either grown in its organic garden or sourced locally wherever possible. The whole concept is underpinned by the '4 Rs' of recycling (rethink, reduce, reuse and recycle). ⏩

FOND DOUX ECO RESORT

ST LUCIA

History, scenery and sustainability combine to memorable effect at the idyllic Fond Doux Eco Resort (fonddouxresort.com), shortlisted for the World's Leading Green Resort at the prestigious World Travel Awards in 2022. Located close to the island's iconic pitons amid a verdant swathe of pristine rainforest, the resort occupies one of the Caribbean's oldest working cocoa estates, first established in 1742 and farmed organically since the 1980s. Sustainability lies at the heart of Fond Doux's ethos, with the concept of recycling taken to a whole new level – not just waste and water but entire buildings. The resort's beautiful 160-year-old colonial-style two-bedroom villa, originally located in the island's capital Castries and slated for demolition before being rescued, was reassembled on site and lovingly restored by a team of skilled local artisans. ▶



TRUE BLUE BAY BOUTIQUE RESORT

GRENADA

Twenty years in the making, the True Blue Bay Resort (truebluebay.com) dates back to the turn of the millennium when Russ and Magdalena Fielden moved to Grenada with their daughters and took over the seven-room True Blue Inn, gradually transforming it into a vibrant 70-room complex which is now one of the island's most popular – and most sustainable – holiday resorts. True Blue's commitment to sustainability includes a raft of innovative solutions. Solar panels provide a significant proportion of the resort's energy requirements, while a Biogas digester uses methane fuels produced from restaurant waste to fire the resort's bakery (any unused waste goes to local pig farmers). A new block of climate-smart rooms was opened in 2019, while more recently the resort acquired the island's first solar-powered beach shuttle – all guest and staff transport is now by electric bus or golf buggy, with electric cars also available for hire, and charging stations conveniently set up on site.

FIVE MORE GREEN PLACES TO STAY

1 Curtain Bluff Resort, Antigua *(curtainbluff.com)* Idyllic beachfront property shortlisted for the World's Leading Green Resort at the World Travel Awards for the last three years in a row. **2 Half Moon, Jamaica** *(halfmoon.com)* Colonial-inspired luxury – and one of only four Platinum-rated Green Globe properties in the entire Caribbean. **3 Little Arches Boutique Hotel, Barbados** *(littlearches.com)* Intimate white-sand resort with impeccable eco and social credentials. **4 Manicou River, Dominica** *(manicouriver.com)* Off-grid eco-retreat with upmarket tree house-style lodgings and stunning coastal views. **5 Rockhouse, Jamaica** *(rockhouse.com)* Chic coastal resort which has been pioneering sustainable tourism for over two decades as well as supporting local communities through its Rock House Foundation.

Scan for tasteful summer cocktails

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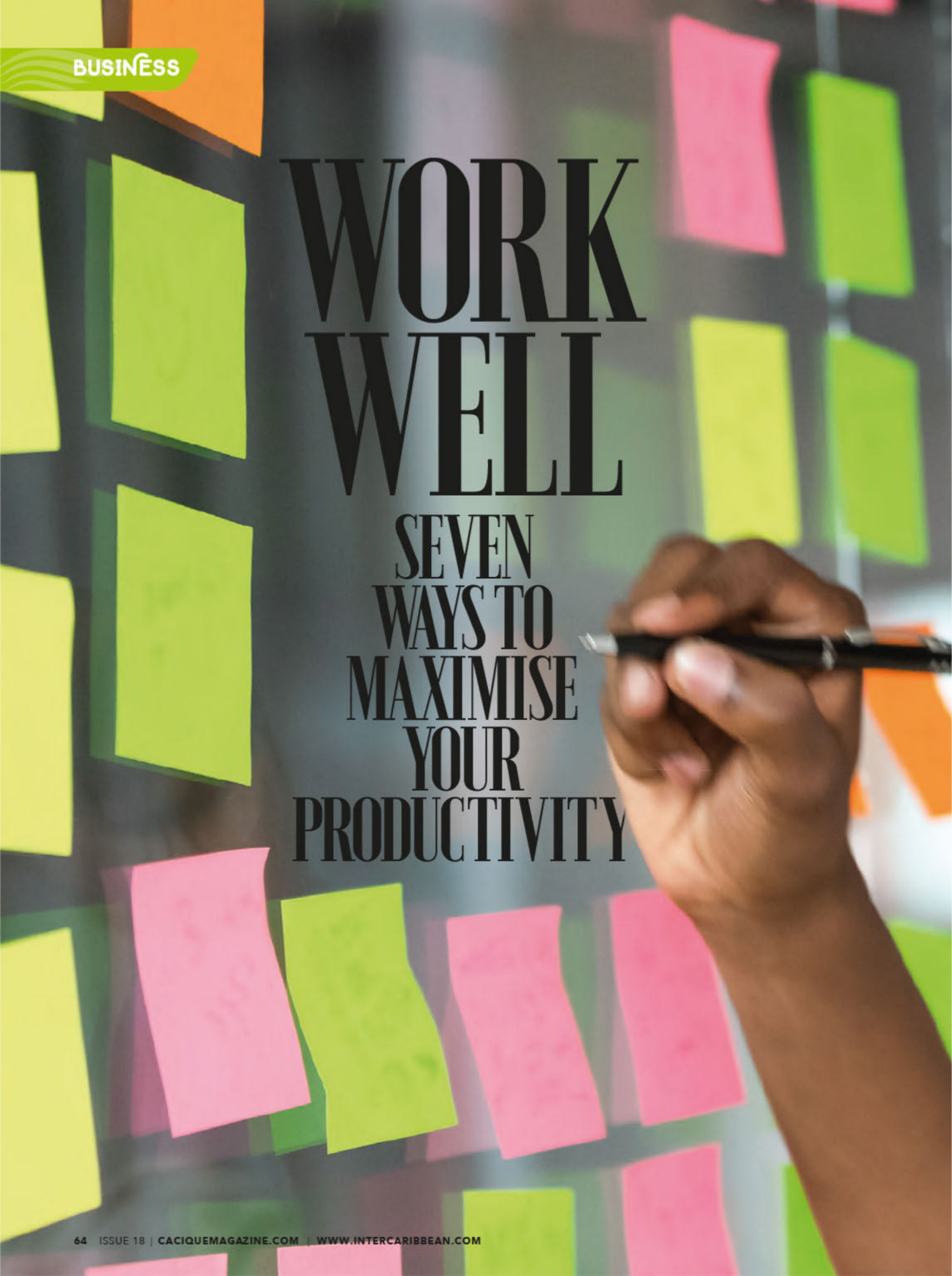


WORK WELL

SEVEN WAYS TO MAXIMISE YOUR PRODUCTIVITY

As a business person or professional there will be times in your life when you don't feel incredibly productive. We are all figuring out new ways of working, especially when new services and initiatives are being developed in our field. A personal development coach and TEDx speaker from Dominica, ***Rianna Patterson*** *shares seven ways to maximise your time effectively*

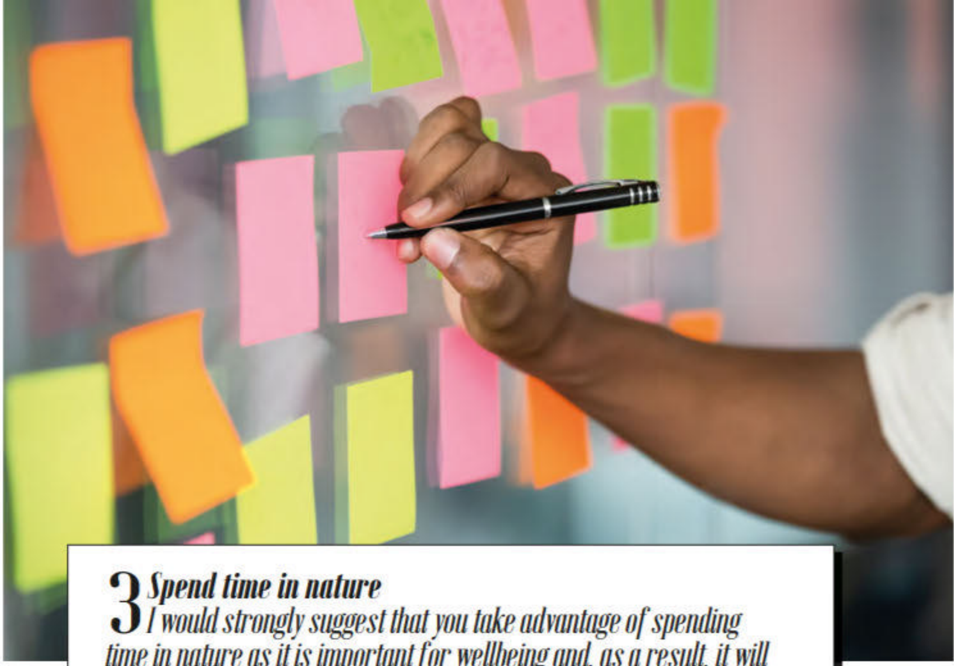
1 KANBAN IT

Kanban is designed for big tasks and projects to streamline the tasks associated with start to finish. As explained by the team at Todoist (todoist.com): "The Kanban method is a visual productivity workflow, using a board and cards, that provides an overview of project tasks, from start to finish, so nothing gets lost in the shuffle." I have used this method while working on a documentary film on dementia in the Caribbean and for client projects – it worked well. Kanban can be used for various fields, such as entrepreneurship, keeping track of inventory or social media campaigns and product roadmaps. Incorporating weekly reviews of the Kanban board can also help you manage and monitor your projects effectively.

»

2 GET THINGS DONE AS EARLY AS POSSIBLE

Have you ever woken up with a fixed agenda and at some point in the day you decide to move your to-dos to the next day, and the next day and then end up delaying it to next year? It's time to beat procrastination at its own game. When there are no time boundaries, it is easy to procrastinate. I would strongly advise that you put a stamp of importance on these tasks. What will happen if I delay this task? This will create a sense of urgency. 'Eating the frog' is an analogy developed by motivational speaker Brian Tracy suggesting that the most difficult task on your agenda should be completed before anything else. This will reduce the possibility of it being delayed further.



3 *Spend time in nature*

I would strongly suggest that you take advantage of spending time in nature as it is important for wellbeing and, as a result, it will allow you to have the energy and headspace to work on projects more effectively. One way to incorporate breaks can be as simple as spending your lunch break outside, or working remotely in the garden. That way you are embracing nature while getting work done.

4 RESTRUCTURE YOUR CALENDAR

Time blocking is a concept where you block out time for certain tasks. For example, you might want to block time from 10-12 to do admin tasks, 12-1 for lunch and 1-5 for anything else. This approach implements time boundaries and improves discipline which will help you develop strong time-management skills. It is easy as a business owner to fall into the trap of working more than you need to. Time blocking also helps you calculate how long you need to spend on tasks.

5 HIRE FREELANCERS AND CONTRACTORS

If you feel buried in work, it is probably time to outsource help. I've worked with fantastic freelancers in the Caribbean, such as First Choice Virtual Services, who stepped in to help with admin tasks when I needed to focus on the creative construct of a documentary film. You can work with freelancers on a regular basis or a one-off. It all depends on your business or individual needs. You can outsource support for accounting needs, copywriting and email/calendar management. Think about where you spend most of your time and this will help give you an idea of tasks you could outsource.

6 *Automate where possible*

There are certain tasks that are constantly appearing in your schedule which you can automate digitally. Maximising the features on your calendar can help with this. Bulking copywriting work, for example, or setting publication times on your website can help you plan ahead and free up time to focus on other responsibilities.

7 VALUE YOUR TIME

When you value your time, everything you do will reflect this. Valuing your time will make you think more about what you focus on or engage in. For example, if you have long bus rides, you might want to get some work done during the journey. Another example is thinking of events you attend, or thinking about the bigger picture and how it fits into your business plan or goals. Asking clients questions about the timeline of their projects can also help you to make decisions based on the level of commitment you can provide. Valuing your time is an act of self-love in business and life.

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BAGGAGE

Every customer travelling on an interCaribbean flight is entitled to one piece of cabin baggage, which must comply with the dimensions 14in x 16in x 9in and must weigh no more than 10lb.

Free checked baggage is also available, but is determined by the fare class purchased. If free checked baggage is not included in your fare, it can be purchased separately.

For checked baggage, maximum dimensions are 62 linear inches (158cm) and a max weight of 44lb or 50lb (subject to destination). Overweight fees apply for bags up to a to max 70lb. Any luggage heavier than 70lb will not be accepted as checked luggage.

CHECK-IN

Airport check-in opens two hours before scheduled flight time. Check-in and baggage acceptance closes 30 minutes before scheduled departure time for domestic flights and 60 minutes before scheduled departure time for international flights.

CHILDREN

Any child aged between 14 days and two years may be carried free of charge on domestic flights, while on international flights 10 per cent of the adult fare will be charged. If the infant turns two years old before the return journey, then a seat must be purchased for the return flight.

Paid unaccompanied service is required for children aged five up to 11. The service is only available on nonstop flights. Proof of age required, and an Unaccompanied Minor form must be completed before the child is accepted for travel.

HEALTH AND COVID-19

For the latest advice relating to flying safely, along with entry requirements for all countries on the interCaribbean route network, see the **Covid-19 Information Center** on our website.

PASSPORTS AND VISAS

A valid passport is required for travel to all interCaribbean destinations. Customers travelling with interCaribbean may also require a visa, so it's advisable to check online or with the respective embassy or consul of your destination country.

The USA and its territories offer a Visa Waiver Scheme to passport holders of certain countries. This means that these customers are required to apply for and receive an ESTA number before travel, which can be obtained on the ESTA Travel Authorization website. For a list of countries where passport holders do not require a visa, and other exceptions, visit the Passports and Visas page on our website.

For more information on the above, and additional information about flying with interCaribbean, visit our website: www.interCaribbean.com

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CaciqueRewards

interCaribbean Airways introduces Cacique Rewards. When you sign up to the rewards programme, you become a Cacique: a historical title given to the chiefs and leaders of the Caribbean islands. As a Cacique, you will earn points for every flight segment you fly on interCaribbean and these will translate into rewards. Head to www.interCaribbean.com to sign up and start earning now! Or to find out more, turn to page 73.

GIFT CERTIFICATES

There's nothing more special than the gift of travel, so why not treat someone to an interCaribbean gift certificate, available in denominations of US$25, US$50 or US$100. These personalised gift certificates can be sent to either you or your recipient. Email us at: **gifts@intercaribbean.com** to get yours now.

We hope you enjoy your flight today with ***interCaribbean***. Please feel free to contact us at the email addresses shown here

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Canada	**+1 (888) 957 3223**
Cuba – Havana	**+53 8730 8535**
Curaçao	**+599 9788 9996**
Dominica	**+1 (855) 507 2496**
Dominican Republic	**+1 (809) 688 6969**
Guyana	**+592 608 0412** **(local) +592 222 7422**
Haiti	**+509 2816 542**
Jamaica	**+1 (800) 572 7628**
Puerto Rico	**+1 (800) 957 3223**
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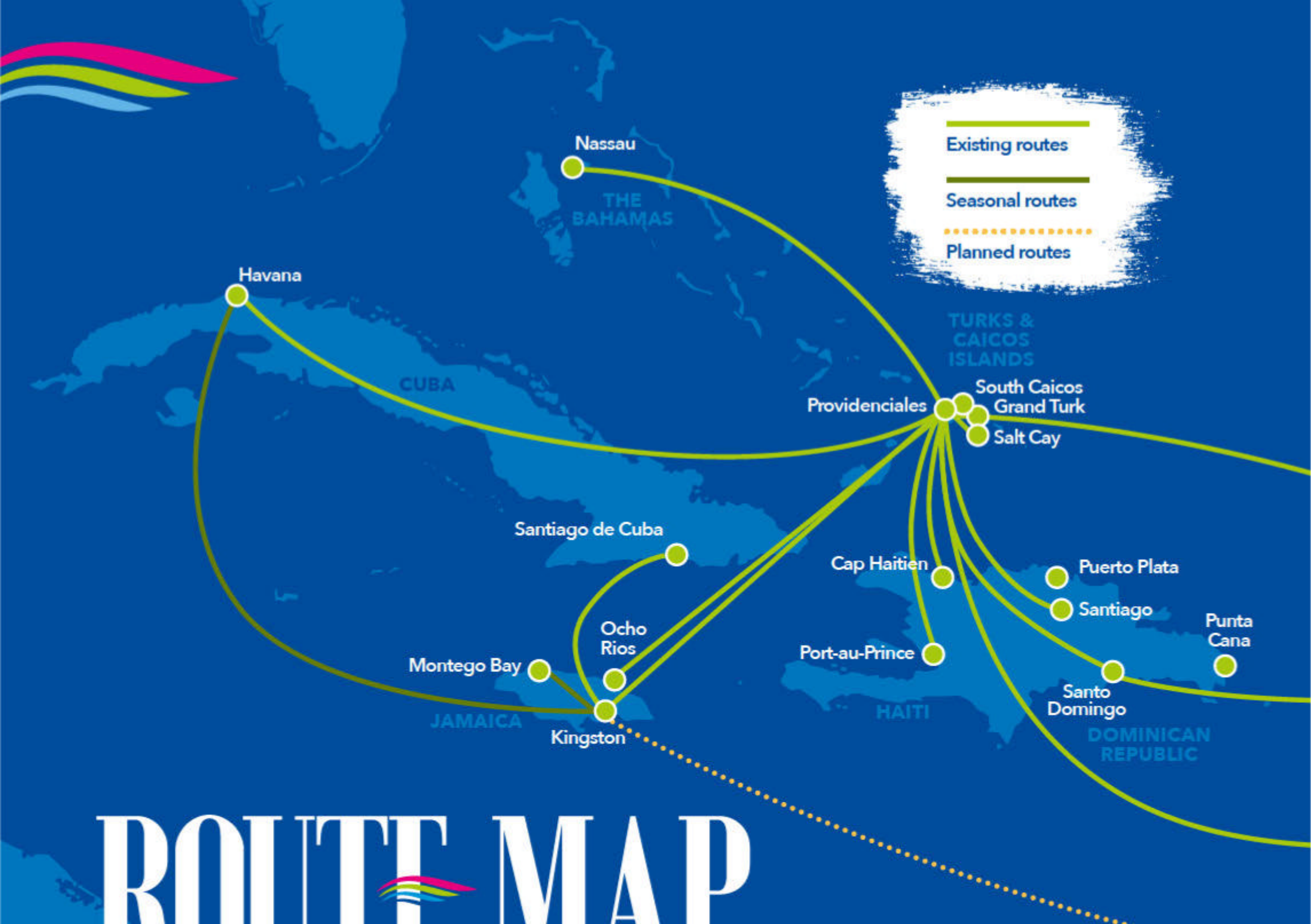
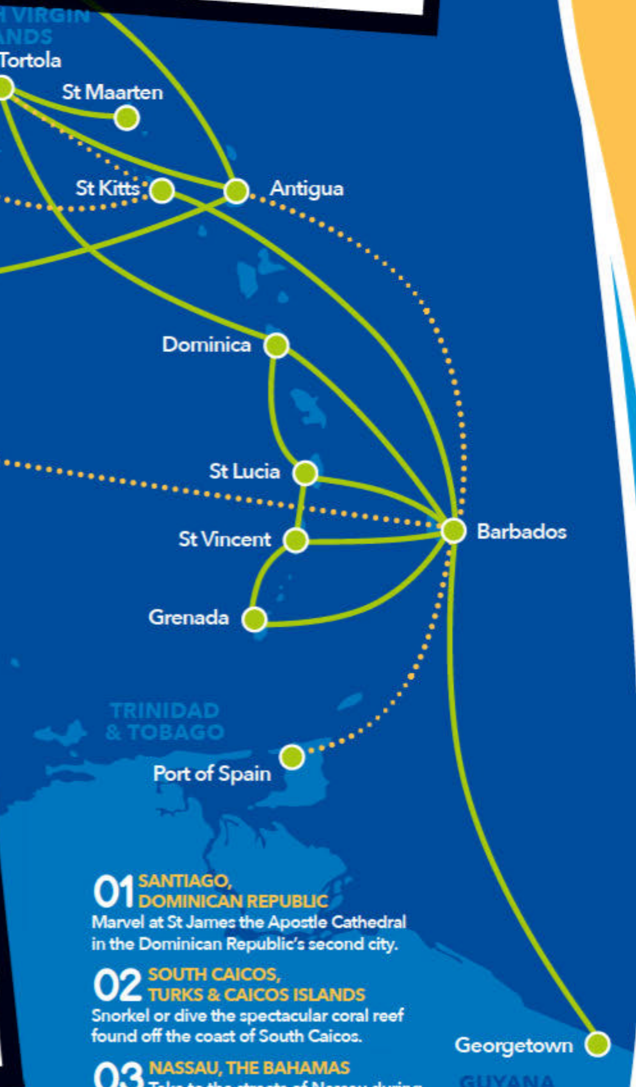

Existing routes
Seasonal routes
Planned routes
Nassau
THE BAHAMAS
Havana
CUBA
TURKS & CAICOS ISLANDS
South Caicos
Providenciales
Grand Turk
Salt Cay
Santiago de Cuba
Cap Haitien
Puerto Plata
Santiago
Punta Cana
Ocho Rios
Montego Bay
Port-au-Prince
Santo Domingo
JAMAICA
Kingston
HAITI
DOMINICAN REPUBLIC

ROUTE MAP

Check out the network of inspiring destinations waiting to be explored with ***interCaribbean Airways...***


BRITISH VIRGIN ISLANDS
San Juan
Tortola
St Maarten
PUERTO RICO
St Kitts
Antigua
Dominica
St Lucia
St Vincent
Barbados
Grenada
TRINIDAD & TOBAGO
Port of Spain
Georgetown
GUYANA

01 **SANTIAGO, DOMINICAN REPUBLIC**
Marvel at St James the Apostle Cathedral in the Dominican Republic's second city.

02 **SOUTH CAICOS, TURKS & CAICOS ISLANDS**
Snorkel or dive the spectacular coral reef found off the coast of South Caicos.

03 **NASSAU, THE BAHAMAS**
Take to the streets of Nassau during the island's festive Junkanoo celebrations.

Note: Due to the ongoing impact of the pandemic, interCaribbean's network is subject to change. Please check www.interCaribbean.com for the latest updates.

At interCaribbean, we aim to connect you and the Caribbean as easily, quickly and efficiently as possible. Travelling around the Caribbean with interCaribbean means you can save time going from one island to the next, so you have more time to enjoy what you came here to enjoy.

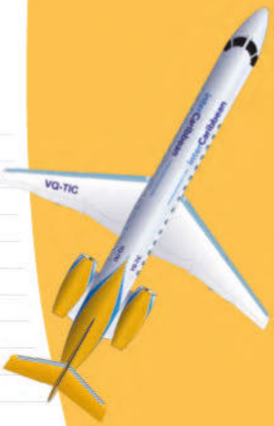
SCHEDULED DESTINATIONS

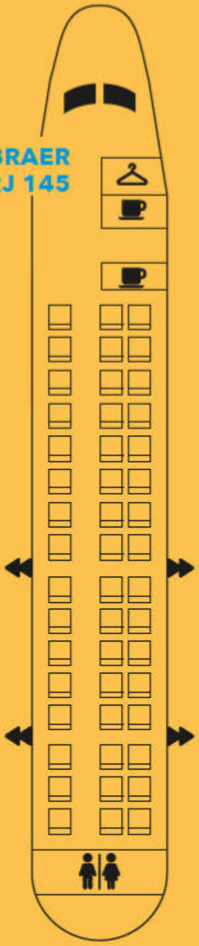
Antigua
Barbados
Cap Haitien
Dominica
Grand Turk
Grenada
Georgetown
Havana
Kingston
Montego Bay
Nassau
Ocho Rios
Port-au-Prince
Providenciales
Puerto Plata
Punta Cana
Salt Cay
San Juan
Santiago
Santiago de Cuba
Santo Domingo
South Caicos
St Kitts
St Lucia
Sint Maarten
St Vincent
Tortola

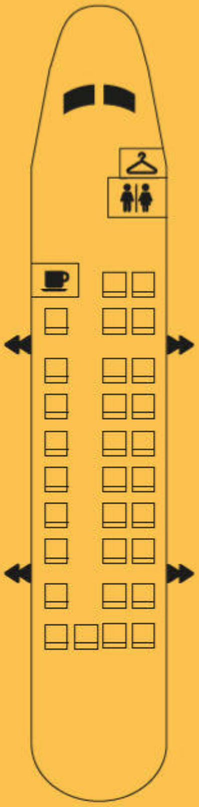
FLEET

EMBRAER ERJ 145

Manufacturer:	Embraer
Crew:	Two pilots plus a flight attendant
Seats:	50
Length:	98ft / 29.87m
Wingspan:	64ft 9in / 20.04m
Height:	22ft 2in / 6.76m
Empty weight:	22,061lb / 10,007kg
Loaded weight:	48,501lb / 22,000kg
Engines:	Two x Rolls-Royce AE 3007
Cruise speed:	430 knots / 495mph / 796kmh
Range:	Up to 1785 miles / 2873km
Service ceiling:	37,000ft / 11,277m

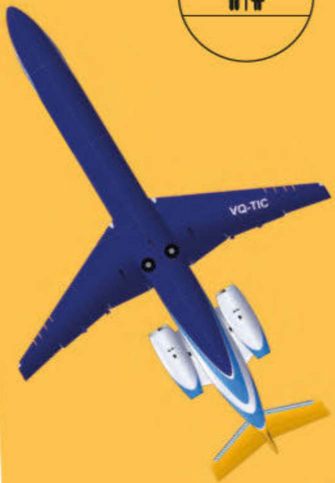






EMBRAER EMB 120 'BRASILIA'

Manufacturer:	Embraer
Crew:	Two pilots plus a flight attendant
Seats:	30
Length:	65ft 7.5in / 20m
Wingspan:	64ft 10.75in / 19.78m
Height:	20ft 10in / 6.35m
Empty weight:	15,586lb / 7070kg
Loaded weight:	26,433lb / 11,500kg
Engines:	Two x Pratt & Whitney Canada PW100 turboprops
Cruise speed:	298 knots / 343mph / 552kmh
Range:	Up to 750 miles / 1200km
Service ceiling:	29,800 ft / 9085m



ATR 42-500

Manufacturer:	ATR
Crew:	Two pilots plus a flight attendant
Seats:	48
Length:	74ft 5in / 22.67m
Wingspan:	80ft 7in / 24.57m
Height:	24ft 11in / 7.59m
Empty weight:	24,802lb / 11,250kg
Loaded weight:	41,005lb / 18,600kg
Engines:	Two x Pratt & Whitney Canada PW127E/M turboprops
Cruise speed:	300 knots / 345mph / 556kmh
Range:	Up to 824 miles / 1326km
Service ceiling:	25,000ft / 7620m

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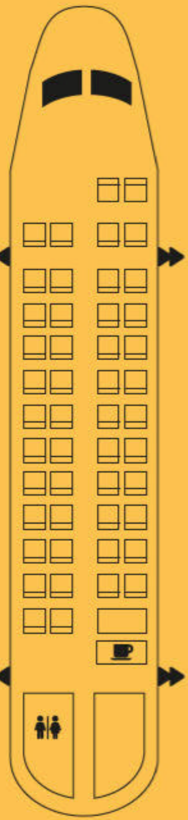
VQ-THM



Left: Embraer EMB-120
Above: ATR 42-500

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Cacique Rewards is available to all, whether you are a frequent or infrequent flyer. Any points you earn do not expire, never have and never will. As a member, you earn points on each flight segment you fly with interCaribbean. Join today and start earning! To find out more and to become a 'Cacique', go to **www.intercaribbean.com**.

HOW IT WORKS

To calculate the points required for a one-way or round-trip journey, determine your origin and destination. If the route is a point-to-point that originates from one of our hub cities, then you earn points for that single flight. If your journey makes a stop through a hub city, the points earned will be the sum of the two or more legs of the trip – check the table (right) to see how much you could earn.

For example: a one-way journey from Antigua to St Maarten comprises two legs – Antigua to Tortola (300 points), then Tortola to St Maarten (200 points), giving a total earned of 500 points. To redeem a one-way flight requires 5000 points; a round trip, 10,000.

EARNING PERCENTAGE

Depending on the fare class travelled, the number of points you earn will decrease or increase accordingly. See below:

ORIGIN CITY	DESTINATION CITY	BASE POINTS EARNED
Antigua (ANU)	Tortola (EIS)	300
Aruba (AUA)	Santo Domingo (SDQ)	400
Cap Haitien (CAP)	Providenciales (PLS)	300
Curaçao (CUR)	Santo Domingo (SDQ)	450
Dominica (DOM)	St Lucia (SLU)	200
Dominica (DOM)	Tortola (EIS)	400
Tortola (EIS)	Sint Maarten (SXM)	200
Tortola (EIS)	St Croix (STX)	200
Tortola (EIS)	St Thomas (STT)	200
Tortola (EIS)	San Juan (SJU)	300
Tortola (EIS)	Santo Domingo (SDQ)	400
Tortola (EIS)	Providenciales (PLS)	500
Tortola (EIS)	Dominica (DOM)	400
Tortola (EIS)	Antigua (ANU)	300
Grand Turk (GDT)	Providenciales (PLS)	300
Havana (HAV)	Providenciales (PLS)	650
Kingston (KIN)	Providenciales (PLS)	500
Kingston (KIN)	Port au Prince (PAP)	400
Kingston (KIN)	Montego Bay (MBJ)	300
Kingston (KIN)	Santo Domingo (SDQ)	470
Montego Bay (MBJ)	Kingston (KIN)	300
Nassau (NAS)	Providenciales (PLS)	500
Port au Prince (PAP)	Santo Domingo (SDQ)	300
Port au Prince (PAP)	Providenciales (PLS)	300
Port au Prince (PAP)	Kingston (KIN)	400
Providenciales (PLS)	South Caicos (XSC)	200
Providenciales (PLS)	Santiago (STI)	300
Providenciales (PLS)	San Juan (SJU)	450
Providenciales (PLS)	Santo Domingo (SDQ)	400
Providenciales (PLS)	Santiago de Cuba (SCU)	400
Providenciales (PLS)	Puerto Plata (POP)	300
Providenciales (PLS)	Port au Prince (PAP)	300
Providenciales (PLS)	Nassau (NAS)	500
Providenciales (PLS)	Kingston (KIN)	500
Providenciales (PLS)	Havana (HAV)	650
Providenciales (PLS)	Grand Turk (GDT)	300
Providenciales (PLS)	Tortola (EIS)	500
Providenciales (PLS)	Cap Haitien (CAP)	300
Puerto Plata (POP)	San Juan (SJU)	400
Puerto Plata (POP)	Providenciales (PLS)	300
Santiago de Cuba (SCU)	Providenciales (PLS)	400
Santo Domingo (SDQ)	Sint Maarten (SXM)	450
Santo Domingo (SDQ)	Providenciales (PLS)	400
Santo Domingo (SDQ)	Port au Prince (PAP)	300
Santo Domingo (SDQ)	Tortola (EIS)	400
Santo Domingo (SDQ)	Kingston (KIN)	500
Santo Domingo (SDQ)	Aruba (AUA)	400
Santo Domingo (SDQ)	Curaçao (CUR)	450
San Juan (SJU)	Puerto Plata (POP)	400
San Juan (SJU)	Providenciales (PLS)	450
San Juan (SJU)	Tortola (EIS)	300
St Lucia (SLU)	Dominica (DOM)	200
Santiago (STI)	Providenciales (PLS)	300
Santiago (STI)	Tortola (EIS)	200
St Croix (STX)	Tortola (EIS)	200
Sint Maarten (SXM)	Santo Domingo (SDQ)	450
Sint Maarten (SXM)	Tortola (EIS)	200
South Caicos (XSC)	Providenciales (PLS)	200

FARE TYPE	FLEXIBLE	SEMI FLEX (BEST FARE)			LOWEST FARE		GROUP	REDEMPTION	CORP
CLASS	Y	V	B	M	T	O	G	P	I
EARNINGS	150%	125%	110%	100%	75%	0%	0%	0%	100%

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ANTIGUA AND BARBUDA

DESTINATION CALENDAR OF EVENTS 2023

JAN

- **Antigua and Barbuda Wellness Month**
- **Antigua Yacht Club Round the Race Island Tour:** 15th January
- **Talisker Whisky Atlantic Rowing Challenge** (rowers begin arriving in January)

FEB

- **Jolly Harbour Valentine`s Regatta:** 10th - 12th February
- **Antigua 360:** 17th February
- **Royal Oceanic Race Club (RORC) Caribbean 600 Race:** 20th - 24th February

MAR

- **12th Superyacht Challenge:** 6th – 12th March
- **Antigua Classic Yacht Regatta:** 29th March – 2nd April

APR

- **Oyster Regatta:** 5th - 8th April
- **Antigua and Barbuda International Kite Festival:** 10th April
- **Antigua and Barbuda Art Week:** 17th - 23rd April
- **Peters & May Round Antigua Race:** 29th April
- **Antigua Sailing Week:** 30th April - 5th May

MAY

- **Dockyard Day:** 6th May
- **Antigua and Barbuda Restaurant Week:** 7th May - 21st May

2023

- **Antigua to Bermuda Race:** 9th May
- **Mikie Pigott Jr. Memorial Classic:** 26th May
- **The 55th Antigua Sportsfishing Tournament:** 27th - 28th May
- **Run in Paradise:** 28th May
- **Barbuda's Caribana:** 29th May – 2nd June

JUN

- **Antigua and Barbuda Romance Month**

JUL

- **2023 Optimist North American Championships** (Optinam): 2nd - 9th July
- **Antigua's Carnival Celebrations: The Caribbean's Greatest Summer Festival:** 29th July – 8th August

AUG

- **Carnival Monday:** 7th August
- **Carnival Tuesday:** 8th August
- **Urlings Seafood Festival:** 13th August
- **The Piango Festival:** 19th - 20th August

SEP

- **Francis Nunes Jr. Memorial Fishing Tournament & Seafood Festival:** 23rd September

OCT

- **Antigua and Barbuda's 42nd Anniversary of Independence Celebrations begin**

2023

NOV

- **Antigua and Barbuda`s Independence Day:** 1st November
- **Independence Food Fair:** 1st November
- **The Best in the West Fishing Tournament:** 4th November
- **Gemonites Moods of Pan Festival:** 24th - 26th November

DEC

- **Antigua and Barbuda Tourism Week**
- **Antigua Charter Yacht Show:** 4th – 9th December
- **Ana's Restaurant and Art Gallery Christmas Souk**
- **Nelson's Dockyard Christmas Day Party:** 25th December
- **Nelson's Dockyard Old Year's Night Party:** 31st December

SEASONAL EVENTS

- **Cricket Season: January:** July
- **Netball Season: January:** July
- **Volleyball Season: January:** December
- **Horseracing Season: January:** December
- **Basketball Season: February:** July
- **Cycling Season:** February – November
- **Turtle Watching Season:** July - October
- **Football Season:** August – February
- **Artisans Antigua Travelling Market**
- **New Exhibitions at the Museum of Antigua and Barbuda: Throughout the year**
- **Art in Antigua Exhibitions**

For more information on events in Antigua and Barbuda go to: www.visitantiguabarbuda.com

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